

COCONUT FLOUR



Coconut flour is a by-product of virgin coconut oil.

The residue extracted after expelling virgin coconut oil from fresh coconuts are then powdered to produce coconut flour.

Consumers embraced it as a gluten free, low carbohydrate and high fiber alternative with a similar texture to wheat flour.

Enriched with the natural taste and aroma of coconuts "Coconut flour" has taken giant inroads as an ingredient in the bakery industry. Still new in Sri Lanka where Sri Lankans are still experimenting it's wider usage you could not say no to a "coconut rotti" made by mixing grated coconut and coconut flour.

Key highlights about Coconut Flour

Ingredients – 100% Coconut

What great about - Low Carb, High fiber, Vegan, Gluten Free, Cholesterol Free, Non GMO, Lactose Free

Preparation Instructions - Use as an alternative ingredient to wheat flour in making bread, muffins, pan cakes, tortillas, waffles and cakes. Also use as a thickening ingredient in smoothies and soups.

Production Facility - ISO22000 Certified.

Nutritional Panel

Nutritional Information - 300g		
Servings per package	4	
Serving size	75g	
	100g	75g
Energy Value	1363Kj / 328Kcal	1022Kj/246Kcal
Total Fat	15g	11.2g
of which saturated fat	13g	9.75g
Total carbohydrate (Without fiber)	45g	34g
of which sugar	15g	11.25g
Dietary fiber	30g	22.5g
Protein	12g	9g
Salt	0.06g	0.045g

- Origin - Sri Lanka
- Shelf Life - 12 Months from the date of Manufacture
- Storage - Store in a cool dry place away from direct sunlight. Once opened keep the content in an air tight container and refrigerate. Always use a dry spoon.
- Allergen - Coconut Only