



# Organic COCONUT FLOUR



## ORGANIC COCONUT FLOUR

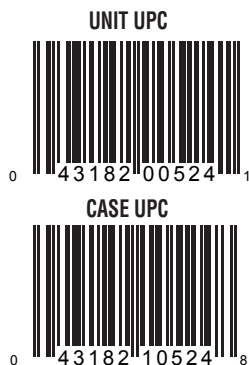
### Nutrition Facts

Serving Size 2 Tbsp (14g)  
Servings Per Container about 32

Amount Per Serving	
<b>Calories</b> 80	Calories from fat 20
%Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

\*Percent of Daily Values (DV) are based on a 2,000 calorie diet.

### Ingredients: Organic Coconut



### Case Count

6

### Case Gross Weight

7 lbs

### Case Dimensions

4"d x 8" w x 14"h

### Retail Unit Dimensions

1 1/2"d x 7" w x 8 1/2"h

### Retail Unit Net Weight

16 oz

Let's Do...Organic® Coconut Flour is made from certified organic fresh coconuts.

After separating the rich, white coconut meat from its shell, we use pressurized steam to remove most of its fat. We thoroughly dry the defatted coconut before milling it to a fine cream colored flour. Although its texture is very similar to wheat flour, Let's Do...Organic® Coconut Flour is completely gluten free, high in fiber and more than 20% protein. Organic Coconut Flour is wonderful in baked goods, and delicious in your favorite smoothies (with the benefit of adding healthful protein and fiber).

Let's Do...Organic® Coconut Flour may replace wheat flour completely in many recipes with great results. In other recipes you may only want to replace up to 25% percent of the wheat or other grain flour with coconut flour. When you replace other flour in recipes, be sure to increase your liquid by the same measure. For example: if your recipe calls for 2 cups of flour and 1 cup of water, you could use 1/2 cup coconut flour plus 1 1/2 cups any other flour, and then you must add an additional 1/2 cup water to total 1 1/2 cups liquid.



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