

COCONUT FLOUR

Our coconut flour is obtained from dried coconut meat, sourced from international sustainable farms. The meat is cold pressed at our facilities to yield the oil and the cake. This cake is then cold-milled to produce our nutrient-rich coconut flour. Coconut flour a favorite amongst paleo dieters, gluten free eaters, anyone with a nut allergy, and everyone in between

Quick Facts:

- Non-GMO, organic, and gluten free
- Mild aroma of fresh coconuts, for use in all types of recipes
- High in vitamins, minerals, fiber, protein, and healthy fats
- Good coating for proteins
- Low in sugar, carbs, and calories
- Recommended for those on a paleo diet
- Use as flour in baking recipes
- Use to thicken soups and stews

FOOD4CHANGE

Nutrition Facts

Serving Size 2 tbsp (14g)

Amount Per Serving

Calories **60**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 1g **5%**

Cholesterol 0mg

Sodium 2mg **0%**

Total Carbohydrate 9g **4%**

Dietary Fiber 6g **24%**

Sugars 1g

Protein 2g **4%**

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **11%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



FOOD4CHANGE 

100-8151 Churchill Street East
Delta, British Columbia
V4K 0C2 | Canada

829 48th St E
Saskatoon, Saskatchewan
S7K 0X5 | Canada

1-800-655-1834
sales@food4change.com
food4change.com