

CREAMED COCONUT

Our creamed coconut is produced from internationally sourced, sustainably farmed coconuts. The white flesh of the coconut is dessicated, dried, and milled to an ultra-fine, creamy, off-white paste. We package this paste fresh, ready for the consumer.

Quick Facts:

- Mild aroma of fresh coconuts, for use in all types of recipes
- High in vitamins, minerals, fiber, and healthy fats
- Low in sugar, carbs, and calories
- Add to curries or sweets to impart flavor and add richness
- Non-GMO, organic, and gluten free
- Contains medium chain triglycerides (MCTs), which are an efficient natural energy source
- Use as butter replacement to spread on toast, pancakes, waffles, or add to hot cereal



Nutrition Facts

Serving Size 1 tbsp (28g)

Amount Per Serving

Calories **190**

% Daily Value*

Total Fat 18g **27%**

Saturated Fat 16g **80%**

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Carbohydrate 7g **2%**

Fibre 5g **18%**

Sugars 2g

Protein 2g

Vitamin A **2%**

Vitamin C **2%**

Calcium **5%**

Iron **10%**

*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.



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