

**nutiva**<sup>®</sup>  
NURTURE VITALITY™

# coconut flour

**ORGANIC  
SUPERFOOD**

**GLUTEN-FREE**

*Delicious in  
baked goods*

*3g Protein  
7g Fiber  
per serving*



NET WT 3 LB (1.36 kg) ©

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Our organic coconut flour is an excellent non-grain alternative. Ground from high quality dried coconut meat, it's high in fiber with 32% of your daily value per serving. The mild coconut flavor works beautifully in both sweet and savory recipes.

## Nutrition Facts

Serving Size 2 Tbsp. (18g)  
Servings Per Container About 75

Amount Per Serving		% Daily Value*
<b>Calories</b> 60	Calories from Fat 30	
<b>Total Fat</b> 3.5g		5%
Saturated Fat 3.5g		18%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 15mg		1%
<b>Total Carbohydrate</b> 10g		3%
Dietary Fiber 7g		28%
Sugars 3g		
<b>Protein</b> 3g		
Iron 8%	Vitamin A 0%	
Vitamin C 4%	Calcium 0%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower, depending on your calorie needs.

**INGREDIENTS:** ORGANIC COCONUT FLOUR  
CONTAINS TREE NUTS (COCONUT).  
PACKED IN A PEANUT-FREE FACILITY.

**Vegan  
Non-GMO**

**QUICK TIP**  
Coconut flour can be substituted for up to 1/3 of wheat flour in standard recipes. Due to its high fiber content it absorbs lots of liquid, so increase the liquid in the recipe by an equal amount.

**STORAGE**  
Store away from sunlight in a dry place.

**MANUFACTURED FOR**  
Nutiva®  
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**Product of the Philippines**

**CERTIFIED ORGANIC**  
by QAI (US-ORG-050)

## RECIPE



### Coconut Blueberry Chia Muffins

Gluten and Dairy Free  
Makes 12 muffins

- 1 cup Nutiva Organic Coconut Flour
- 1/2 tsp. sea salt
- 1 tsp. baking soda
- 1/2 cup + 2 Tbsp. raw honey
- 1 cup coconut milk
- 6 eggs
- 4 Tbsp. Nutiva Organic Coconut Oil, melted
- 4 tsp. vanilla extract
- 4 Tbsp. Nutiva Organic Chia Seeds
- 1 cup fresh organic blueberries

Preheat oven to 350°F. Sift the coconut flour, salt and baking soda in a bowl. In a separate bowl or blender, whisk honey, coconut milk, eggs, coconut oil and vanilla. Gently stir wet mixture into dry ingredients and mix in chia seeds. Fold in the blueberries and pour batter into greased or lined muffin tins, until 3/4 full. Bake for 25 minutes until muffins begin to turn golden brown and are cooked through. Immediately remove from tins and cool on rack.

Also try our organic Coconut Oils, Coconut Sugar, Shortening, Chia and Hempseed, and Coconut Manna™. For delicious recipes and info on our sustainability efforts, visit [nutiva.com](http://nutiva.com).

