

This tropical melt-in-your-mouth treat is made from pure dried coconut flesh. Enjoy it straight from the jar or warm it up to spread the goodness.

The creamy, coconut flavor of manna is perfect in smoothies, sauces, desserts and baked goods. It's the ideal "everything" spread. Use in place of coconut or almond milk in smoothies.

Also try our organic Hemp Oil, Seeds and Protein, Coconut and Red Palm Oils, and Chia Seeds. For delicious recipes, visit nutiva.com.



RECIPES

Coconut Manna Oatmeal

1 bowl of hot oatmeal
2 Tbsp Nutiva Coconut Manna
2 Tbsp Nutiva Hempseeds
1 Tbsp honey or maple syrup

Stir and enjoy!

Manna Smoothie

1/2 banana
2 Tbsp Nutiva Coconut Manna
1 cup fresh or frozen fruit

Blend and savor!

nutiva[®]
NOURISHING PEOPLE & PLANET

NEW LOOK
SAME PRODUCT

coconut manna™

ORGANIC
SUPERFOOD

PURÉED COCONUT

*Coconut butter
for smoothies,
sauces & spreads*



NET WT
15 OZ (425g) ©

Nutrition Facts

Serving Size: 1 Tbsp (14g)
Servings Per Container: 30

Amount Per Serving

Calories 100 Calories from Fat 80

% Daily Value*

Total Fat 9g 14%

Saturated Fat 8g 40%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 2g 8%

Sugars 1g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: ORGANIC WHOLE COCONUT PURÉE
BOTTLED IN A FACILITY THAT PACKS PEANUT OIL.

Vegan • Non-GMO • 0g Trans Fat

DIRECTIONS: The oil in coconut manna tends to separate to the top. To liquefy and blend, place jar in hot water for 5-10 minutes and stir.

STORAGE: No refrigeration required; spreads easily at temperatures above 73°F.

NOTE: Use care to not get water in jar. Any brown specks are natural to coconut.

MANUFACTURED FOR

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