

sOlspring

BIODYNAMIC®

ORGANIC
COCONUT
FLOUR

MULTI-PURPOSE | GLUTEN FREE



Nutrition Facts

About 32 servings per container
Serving size **2 tbsp (14 g)**

Amount per serving
Calories 70
% Daily Value*

Total Fat 4 g	5%
Saturated Fat 4 g	20%
<i>Trans Fat</i> 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 7 g	3%
Dietary Fiber 3 g	11%
Total Sugars 2 g	
Includes 0 g Added Sugars	0%
Protein 2 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 1 mg	6%
Potassium 210 mg	4%

*The % Daily Value (DV) 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.

INGREDIENTS: BIODYNAMIC ORGANIC COCONUTS.
CONTAINS TREE NUTS (COCONUT).

DISTRIBUTED BY: NHP, 125 SW 3rd Place
Cape Coral, FL 33991 USA (877) 985-2696

CERTIFIED ORGANIC BY: Control Union

PRODUCT OF INDIA

SOY FREE | GLUTEN FREE

COCONUT FLOUR

Finely milled from only the dried, ground copra (meat of a coconut) of fresh coconuts grown in India, this single-ingredient flour is versatile and gluten free, making it the ideal alternative to traditional grain-based flours. Use it in any baking recipe to add a mild, naturally sweet flavor – without the added sugar.

WHAT IS BIODYNAMIC®?

Think organic but better. Demeter Certified Biodynamic®, the world's oldest ecological certification, meets the highest standards in agriculture through regenerative, soil-first practices – like plant diversity, cover crops and livestock integration, while avoiding synthetic fertilizers, pesticides and herbicides. As a result, farmers improve the health of their land and quality of our food, while cultivating a stronger planet.

NET WT. 16 OZ. (1 LB.) (454 g)

