

Product Name: Organic Coconut Flour

Description: Coconut flour is produced from the meat of coconuts after the coconut milk has been extracted.

Physical Properties

Appearance	White to off-white powder.	Method: Visual observation
Size	Minimum 99% through a US #18 Screen	

Organoleptic Properties

Flavor	Mild, fresh coconut flavor	Method: Organoleptic analysis
--------	----------------------------	-------------------------------

Chemical Properties

Moisture	Maximum: 7 %	Method: Halogen Thermogravimetric Analysis
----------	--------------	--

Microbiological Properties

Standard Plate Count	Maximum: 10,000 cfu/g	Method: FDA BAM or AOAC equivalent
Coliform	Maximum: 100 MPN/g	Method: FDA BAM or AOAC equivalent
Yeast	Maximum: 500 cfu/g	Method: FDA BAM or AOAC equivalent
Mold	Maximum: 500 cfu/g	Method: FDA BAM or AOAC equivalent
E. Coli	<10 cfu/g or <3 MPN/g	Method: FDA BAM or AOAC equivalent
Salmonella	NEG/25g	Method: FDA BAM or AOAC equivalent

Packaging, Labeling, Storage

Packaging	Poly bag in box, plastic jar, or to customer specification
Receiving Conditions	Product should be shipped and handled in a sanitary manner.
Storage Conditions	Store in a dry, cool place.
Shelf Life	18 months (under optimum storage conditions).

Other

Gluten Status	This product (and if applicable its ingredients) by nature does not contain the gluten proteins found in wheat, rye or barley. This product has not been tested to verify gluten levels less than 20 ppm.
Natural Status	This product is a 100% pure, natural substance. It does not contain any artificial, synthetic or natural identical additives.
BE Status	This product does not contain genetically engineered ingredients.



OliveNation LLC

50 Terminal St., Bldg. 2, Ste. 712, Charlestown, MA 02129

www.OliveNation.com ~ 617-580-3667

Product Name: Organic Coconut Flour

Vegan Status

This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.

Halal Status

This product does not contain alcohol, natural L-cysteine extracted from hair or feathers, animal fats and/or extracts, bloods of any origin, blood plasma, pork and/or other meat by-products & alcohol is not used as a processing aid.

SDS Waiver

To the best of our knowledge this product is non-hazardous and not subject to the requirements of 29 CFR 1910.1200. Although this product does not require specific hazard precautions, users should take care to minimize personnel exposure and workplace contamination.

ALLERGEN STATEMENT FOR ORGANIC COCONUT FLOUR

"Q #1: Does the item above contain any of the following allergens or their derivatives?"		"Q #2: Is the item above produced on equipment that comes in contact with any of the following allergens?"		"Q #3: Is the item above produced in a facility that uses or processes these allergens?"		ALLERGENS
YES	NO	YES	NO	YES	NO	
	X	X		X		MILK
	X	X		X		EGGS
	X	X		X		SOYBEANS
	X	X		X		WHEAT
	X		X		X	PEANUTS
X		X		X		TREE NUTS
	X		X		X	FISH
	X		X		X	CRUSTACEAN SHELLFISH
	X	X		X		SESAME
	X	X		X		MUSTARD
	X	X		X		ADDED SULFITES

Equipment is cleaned and sanitized between production runs to prevent allergens from contaminating non-allergenic products.



OliveNation LLC

50 Terminal St., Bldg. 2, Ste. 712, Charlestown, MA 02129

www.OliveNation.com ~ 617-580-3667

Product Name: Organic Coconut Flour

Ingredient Statement

Organic coconut flour. Contain tree nuts.

Product Certifications

Certified Kosher Parve

Certified Organic

Proximate Analysis

Protein	15.00	g
Carbohydrate	58.00	g
Moisture	6.00	g
Ash	5.00	g
Fat	16.00	g

Nutritional Analysis

Serving Size	100.00	g
Calories	430.00	
Total Fat	15.00	g
Saturated Fat	12.00	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	60.00	mg
Total Carbohydrates	58.00	g
Dietary Fiber	31.00	g
Sugars	0.00	g
Protein	15.00	g
Vitamin A	0.00	IU
Vitamin C	0.00	mg
Calcium	0.00	mg
Iron	0.00	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	0.00	mg



STORE IN A DRY, COOL PLACE.

ORGANIC COCONUT FLOUR

Organic Coconut Flour is coconut that has been defatted (squeezed of all its oils), then dried and ground into a fine powder. It is often used in baking as a gluten-free way of substituting for wheat flour.

- Finely ground powder
- Can be used to replace wheat flour
- Naturally gluten-free
- Mild coconut flavor

Nutrition Facts

servings per container	
Serving size 2 tbsp	
Amount per serving	60
Calories	
% Daily Value*	
Total Fat 2 g	3%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total Carbohydrate 8 g	3%
Dietary Fiber 4 g	14%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 2 g	
Vitamin D 0.0 mcg	0%
Calcium 0.0 mg	0%
Iron 0.0 mg	0%
Potassium 0.0 mg	0%

* 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

Organic Coconut Flour. Contain Tree Nuts.

BASIC PREP

Ready to use.

SUGGESTED USES

- Can be used in gluten-free baking
- Thicken soups and sauces
- Use as a binding agent for dishes like meatloaf
- Can be used with other ingredients to make batters for fried foods

RECIPE

Coconut Cake

This Coconut Cake is light and spongy, like a slightly tropical cross between angel food cake and pound cake. It's delicious by itself, or lightly frosted with vanilla frosting and sprinkled with shredded coconut or slivered almonds.

- 1/2 cup Coconut Flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon kosher salt
- 3 eggs
- 2 egg whites
- 1/2 cup coconut oil
- 1/3 cup honey
- 3 tablespoons coconut milk powder
- 3 tablespoons water

Heat oven to 350°F and grease an 8-inch round pan with coconut oil or pan spray.

Mix Coconut Flour, baking powder and salt in a small bowl and set aside. Bring water to a simmer and whisk in coconut milk powder until smooth and thickened, set aside to cool.

Beat 3 eggs with coconut oil and honey until combined, then whisk in cooled coconut milk. Continue whisking until thoroughly blended, then add dry ingredients and whisk until smooth.

Beat 2 egg whites in separate bowl until foamy. Fold into batter.

Spread batter gently into prepared pan and bake until the top is lightly browned, about 25 minutes. Allow cake to cool completely in pan on rack before turning out onto serving platter. Ice or glaze as desired.

Makes 6 servings



OliveNation LLC

50 Terminal St., Bldg. 2, Ste. 712, Charlestown, MA 02129

www.OliveNation.com ~ 617-580-3667

COUNTRY OF ORIGIN DECLARATION FOR ORGANIC COCONUT FLOUR

THIS PRODUCT ORIGINATES FROM SRI LANKA