

PURO IS PURE

RAW • ORGANIC • NATURAL
GLUTEN FREE • CHAIN FREE



Puro Organic Coconut Flour is made from the meat of organic coconuts. It is a gluten-free, grain-free flour that is great for baking and has a subtle, nutty flavor. It is also a good source of fiber and can be used in a variety of recipes.

COCONUT FLOUR IS GREAT FOR BAKING



100% ORGANIC COCONUT FLOUR

100% Organic Coconut Flour. Once opened, store in an airtight container.

Nutrition	per 100g
Energy	2200kJ / 520kcal
Tot Fat	2.5g
Crude Protein	9.5g
Crude Fiber	18g
Crude Ash	1.5g
Crude Moisture	1.5g
Crude Starch	1.5g
Crude Sugar	1.5g
Crude Salt	1.5g
Crude Acid	1.5g



Product of Sri Lanka

100% ORGANIC COCONUT FLOUR
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100g

BEST BEFORE:

100% ORGANIC SHIRAZ COCONUT PANCAKES

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1. In a large bowl, whisk together the coconut flour, eggs, and coconut oil. Add the milk and whisk until the batter is smooth. 2. Heat a non-stick pan over medium heat. Add a small amount of coconut oil to the pan. 3. Pour the batter into the pan and cook for 2-3 minutes on each side. 4. Repeat steps 1-3 until you have cooked all the batter. 5. Serve the pancakes with your favorite toppings.

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PURO™
ORGANIC



COCONUT FLOUR

HIGH IN PROTEIN | HIGH IN FIBRE
GLUTEN FREE

ONLY SRI LANKAN COCONUTS AND SUNSHINE!