

NEW LOOK, SAME GREAT RESULTS



100% ORGANIC, FINELY GROUND
COCONUT FLOUR

6g of FIBER PER SERVING

EXCELLENT SOURCE OF
FIBER

CONTAINS 3g OF TOTAL FAT PER
SERVING. SEE NUTRITION
INFORMATION FOR FAT AND
SATURATED FAT CONTENT.



 NET WT 16 OZ (1LB) 454g

WE'RE BAKERS, TOO! Our 100% employee-owned company has been an expert resource for bakers everywhere for over 225 years. We're all about making your kitchens better and happier with top-quality baking essentials.

OUR RECIPE FOR CHOCOLATE COCONUT QUICK BREAD

YOU'LL NEED

½ cup COCONUT FLOUR	¾ cup sugar
1 teaspoon baking powder	½ teaspoon salt
6 tablespoons butter	1 teaspoon vanilla
½ cup cocoa powder	6 large eggs

- 1. PREHEAT** oven to 350°F. Grease an 8 ½" x 4 ½" loaf pan.
- 2. COMBINE** and sift together the coconut flour and baking powder, set aside.
- 3. MELT** butter and cocoa together in a large microwave-safe mixing bowl.
- 4. WHISK** the sugar, salt, vanilla, and eggs into the melted butter and cocoa.
- 5. WHISK** in the coconut flour and baking powder and mix until well blended
- 6. POUR** into the prepared pan.
- 7. LET** the batter rest for 10 minutes before placing into the oven.
- 8. BAKE** until the bread is set and a cake tester inserted into the middle comes out clean, 35-45 minutes.
- 9. COOL** in the pan for at least 30 minutes before unmolding. Coconut flour products are easier to slice when completely cooled.

Yield: One 8 ½" x 4 ½" loaf.

BAKING TIPS

- **To substitute coconut flour for regular flour** in a recipe, begin by replacing a quarter of the flour with coconut flour. You'll always need to add extra liquid equal to the coconut flour you've added, as coconut flour absorbs 4 times its weight in liquid.
- **Add coconut flour to smoothies** as a thickener, but be sure to blend the coconut flour with a liquid first, to allow it to absorb liquid and prevent gritty texture.

MORE RECIPES & TIPS

KingArthurFlour.com/coconutflour



BAKER'S HOTLINE. WE'RE HERE TO HELP.

Call or chat online with our friendly, experienced bakers.
855.371.BAKE (2253) | KingArthurFlour.com/contact

BEST IF USED BY:



Nutrition Facts

Serving Size 2 tbsp (15g)
Servings Per Container about 30

Amount Per Serving

Calories 50 Calories from Fat 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 3g **14%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Potassium 200mg **6%**

Total Carbohydrate 8g **3%**

Dietary Fiber 6g **23%**

Sugars 3g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: 100% Certified Organic Coconut.

DISTRIBUTED BY

THE KING ARTHUR FLOUR COMPANY, INC.
NORWICH, VERMONT 05055
800 827 6836 | KingArthurFlour.com

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STORAGE: STORE AIRTIGHT IN REFRIGERATOR.

COMPLIMENTS OF
The King Arthur Flour Kitchen