



THE IMPORTANCE OF COCONUT FLOUR.

Rainforest Herbs Organic Coconut Flour is a delicious high fiber flour with minimal impact on blood sugar levels that allows you to enjoy your favourite baking recipes without causing weight gain, especially when used in recipes together with low glycemic coconut sugar and coconut oil.

Coconut flour is fast becoming the most important gluten free, low glycemic alternative flour to wheat and other grain flours. Ground from dried, defatted organic coconut meat, our Rainforest Herbs Organic Coconut Flour is high in fiber, high in protein and low in digestible carbohydrates. A single 2 Tbsp serving of our coconut flour delivers 5 grams of fiber with only 8 grams of low glycemic slow digesting carbohydrates. This makes it ideal for those following gluten free or paleo diets and for all who wish to reduce their weight and improve digestive health.

The light coconut flavor allows coconut flour to blend seamlessly into sweet or savory baked goods. It makes a wonderful coating for chicken, fish or other proteins in place of regular flour or cornmeal. Because of its high fiber content, baking with coconut flour is a unique experience. Coconut flour absorbs more liquid than regular flours, so less coconut flour can be used and when cooking it is often used in an equal ratio of liquid to flour for best results. We recommend following a recipe designed for coconut flour when getting started. Many of these recipes for cakes and cookies will use additional eggs to improve the binding properties. Coconut Flour is excellent also when used in conjunction with other gluten free flours, such as from nuts, tapioca and sweet potato.



RAINFORREST HERBS COCONUT FLOUR

- 100% Organic
- Gluten Free and non-allergenic
- GMO Free
- Low Glycemic / Low Carb to promote a healthy weight
- High Fibre & High Protein
- Unprocessed & unbleached
- A perfect addition to healthy vegan & vegetarian lifestyles!
- Supports low carb high fat, paleo and ketogenic diets





Healthy Cooking Tips



HOW TO USE

Coconut Flour is absorbent

Less coconut flour is needed to successfully produce a recipe. In baked goods, you generally want to substitute 1/4 cup coconut flour for 1 cup grain-based flour.

You need to add more eggs and moisture

To reduce dryness and assist binding, make sure you're using plenty of eggs and you can also add cooked, pureed or mashed fruit or vegetables to your baked goods to increase the moisture.

Frying & Sauteing

To make a batter for meats or vegetables, you can use coconut flour in an amount that is equivalent to wheat flour.

OUR FAVOURITE LOW CARB COCONUT FLOUR RECIPES

Banana Cake

Mix 3/4 cup coconut flour, 3 ripe mashed bananas, 1/3 cup virgin coconut oil, 1/3 cup coconut sugar or coconut syrup, 1 teaspoon cinnamon, 1 teaspoon organic vanilla extract and 1 teaspoon baking powder and salt. A perfect gluten free, low glycemic & high fibre cake for the whole family!

Coconut Cookies

Simplicity itself, as above without the bananas and cinnamon, use dark chocolate chips to create a perfect healthy snack. Don't forget a touch of salt.

Coconut Flour Bread

To 3/4 cup of coconut flour, add 2 tablespoons of arrowroot powder and 6 eggs, 1/2 cup coconut oil, 1 teaspoon of baking soda and salt.

Coconut Flour Batter

For your favourite deep-fried fish, chicken or vegetables, mix 1/4 cup coconut flour, 3/4 cup parmesan cheese, 2 eggs and salt. Fry in odourless coconut oil.

Coconut Pancakes

Mix 1/2 cup of coconut flour with 1/3 cup almond flour, 1 1/2 teaspoon baking powder, 4 eggs, coconut oil, coconut milk, vanilla and salt. For a topping try using our delicious coconut sugar syrup.

Coconut Parmesan Flaxseed Pizza

Something the kids will absolutely love (and they will happily make themselves!). To make the dough mix 1/3 cup coconut flour, 1 cup parmesan cheese, 2 tablespoons ground flax, 4 eggs, 2 tablespoons odourless coconut oil, 1/4 teaspoon cream of tartar and add Italian seasoning, garlic powder, parsley and salt. Top with all your favourite pizza sauces and dressings and bake!

Cooking Notes:

For all baking recipes, make sure to use ample Coconut Oil to grease your pan or tray well or use baking paper for an extra non-stick surface.

Virgin coconut oil and odourless coconut oil are interchangeable but odourless is preferred if a stronger coconut taste is not required.

THE COCONUT KITCHEN

The global obesity epidemic we see today arises predominantly from excess intake of processed foods; poly-unsaturated vegetable oils, excess grains and refined flours & high sugar foods. Nutritional deficiencies also arise from insufficient vegetables and fruits with their essential phytonutrients, fibers, vitamins and micronutrients. Replacing processed foods with organic coconut products can transform our family's health. The most important Coconut Products to have on hand in your kitchen are:

- Virgin Coconut Oil
- Odourless Coconut Oil
- Coconut Flour
- Coconut Butter
- Granulated Coconut Sugar
- Coconut Syrup
- Coconut Vinegar

Check out our websites for more info:

www.coconutoilmalaysia.com

www.rainforestherbs.com

Organic Coconut Flour Manufacturing Standards: Organic (USDA / NOP, EU and JAS) certified & ISO 22000 Food Safety Management System certified

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