

get to know...

'Ulu Flour!

NATURALLY GLUTEN FREE



Learn how it's made

'Ulu flour is made from breadfruit, a starchy tropical crop that grows on trees! It is naturally gluten free, and one of the most climate friendly flours on earth since trees store carbon and don't have to be replanted each year. As one of the only island grown and milled flours in Hawai'i, 'ulu flour is a delicious, healthy, local alternative to wheat, corn and rice that supports local farmers and the economy.

FLAVOR PROFILE: NUTTY, FAINTLY SWEET, FRUITY AND TROPICAL NOTES.



It grows on trees!

Per 100g	'Ulu Flour	Wheat Flour All Purpose, White, Enriched, Bleached
Calories	333 cal	364 cal
Protein	3.33g	10.3g
Fat	0g	0.98g
Dietary Fiber	10g	2.7g
Glycemic Index	47 to 65	72

'Ulu flour is rich in dietary fiber and high in vitamins and minerals. It has a relatively low glycemic index, making it an excellent flour alternative for those with diabetes and other noncommunicable diseases.



How to use 'Ulu Flour

User's Guide →



Recipes



bread - pastries - cookies - cakes - pasta - gravy - breading



Product Locator

Now available across the pae 'āina - find 'ulu flour at a retailer near you!

USAGE RATIOS 'Ulu Flour : AP Flour	'Ulu Flour can be used for baking pastries and desserts, breading or coating proteins and vegetables, and for thickening soups, sauces and gravies.
100%	Only use 100% for dense recipes like brownies or for breading and thickening .
50 : 50	Replace up to 50% of flour in recipes with more liquid : pancakes, quick breads & cakes.
30 : 70	Replace up to 30% of flour in recipes with less liquid : cookies, biscuits, crusts & scones.
20 : 80	Replace up to 20% of flour in bread recipes: baguettes, dinner rolls and sourdoughs.

Support over 150 Hawai'i Farmers

When you use 'ulu flour, your are not only choosing a nutritious flour alternative that's good for your health, but also caring for our community and environment by supporting Hawai'i family farmers who use sustainable farming practices.

For wholesale inquiries, please contact us at: sales@eatbreadfruit.com



Farmer-owned,
'āina grown
eatbreadfruit.com