



## Organic Raw Cacao Nibs

Cacao is best known as the main ingredient in chocolate and many people enjoy cacao nibs when they crave a natural chocolate treat. It is naturally rich in minerals and our cacao nibs are minimally processed to retain their nutrients. Our nibs are produced from beans that are fermented and sun-dried to remove their natural bitterness and enhance their rich flavour and aroma. They are a great natural alternative to chocolate chips!



Enjoy as a snack



Use as a topping



Use in baking

### HELP US SAVE THE RAINFOREST

Rainforest Foods works with Rainforest Concern (charity no.1028947) to conserve threatened forests; protecting endangered habitats, the wildlife and indigenous peoples.



For every pack sold, Rainforest Foods will fund the protection of one square metre of rainforest. For further information visit: [www.rainforestconcern.org](http://www.rainforestconcern.org)

### OUR SHARED EARTH INITIATIVE:

We search the world for the most nutritious foods, source from producers who farm responsibly and donate at least 10% of our profits to support social and environmental projects around the world.

### NUTRITIONAL INFORMATION

TYPICAL VALUES (As Sold)	Per 100g	(%RI*)
<b>Energy</b>	2487kJ 604kcal	
<b>Fat</b>	55g	
of which saturates	34g	
<b>Carbohydrate</b>	4.4g	
of which sugars	1.0g	
<b>Fibre</b>	21g	
<b>Protein</b>	13g	
<b>Salt</b>	0g	
<b>Potassium</b>	738mg	37%
<b>Magnesium</b>	279mg	74%
<b>Iron</b>	2.9mg	21%
<b>Manganese</b>	2.2mg	110%

\*Reference Intake of an average adult (8,400kJ/2,000kcal).

**INGREDIENTS:** Organic Raw Cacao Nibs.

**SUGGESTED USE:** Take 8g (1 tablespoon) per day.

**STORAGE:** Store in a cool, dark and dry place. This pack contains approximately 37 servings.

Cacao Nibs (*Theobroma Cacao*), packed in the UK for Green Origins, Sheffield, S25 3SF.

#### HIGH IN MAGNESIUM

Magnesium contributes to a reduction in tiredness and fatigue.

#### HIGH IN MANGANESE

Manganese contributes to the protection of cells from oxidative stress.

**Best Before End: See below**



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GB-ORG-05  
Non-EU Agriculture

300g<sup>e</sup>

TO LEARN MORE ABOUT OUR PRODUCTS VISIT [WWW.RAINFORESTFOODS.COM](http://WWW.RAINFORESTFOODS.COM)