

green Origins

ORGANIC CACAO POWDER

Cacao is best known as the main ingredient in chocolate. Cacao powder is a very versatile, natural chocolate treat.

Grown in a region either side of the equator known as the Cacao Belt, the cacao beans are fermented to enhance their rich flavour. The natural fat (cacao butter) is then removed and the remaining cacao is delicately ground to form a rich powder.

Why not try Brownies?

Ingredients

- 50g unsalted butter
- 75g sugar
- 30g cacao powder
- Pinch of salt
- 1 large cold egg
- 35g flour
- 40-60g walnuts



Directions

Preheat the oven to 160°C. Line the baking pan with parchment paper, then spray with cooking spray. Combine the butter, sugar, cacao powder, and salt in a medium glass bowl.

Place the bowl on top of a pot of simmering water to create a bain-marie. Stir until the butter melts and the mixture becomes a paste. Remove the bowl from the pot and let cool for a few minutes.

Mix in the egg, then add the flour and stir until it disappears. Stir in the nuts. Transfer the mixture into the lined baking pan. Bake for 20-25 minutes.

Best Before End: See below

NUTRITIONAL INFORMATION

TYPICAL VALUES (As Sold)	Per 100g	(%RI*)
Energy	1477kJ 354kcal	
Fat	9.5g	
of which saturates	5.6g	
Carbohydrate	25g	
of which sugars	0.8g	
Fibre	28g	
Protein	28g	
Salt	0.02g	
Phosphorus	779mg	111%
Magnesium	594mg	158%
Iron	20.5mg	146%
Manganese	5.3mg	263%

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

Ingredients: 100% Organic Cacao Powder.

Storage: Store in a cool, dark and dry place.

Cacao Powder (Theobroma Cacao) produced in Sierra Leone, Ghana & Ivory Coast, packed in the UK for Green Origins.

GB: Unit 1, Campbell Way, Sheffield S25 3SF, UK.

EU: Block B, Crescent Building, Dublin, D09 C6X8, IRL.

Super Made Simple

Superfoods are a natural way to add extra nutrients to your diet. We make them easy to use and understand.

Our Superfoods are organically grown, sustainably sourced, and minimally processed, providing the best for you and for the planet.



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