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COCOA NIBS

Our RAW cacao nibs are lightly roasted below 45°C, giving them a wonderful aroma with hints of tropical fruits in the background! In addition, they are a natural source of fiber, magnesium and phosphorus.

The beans are prepared by fermentation, drying and light roasting. The beans are then crushed into nibs and they can be used for everything from salad, fruit and nut mixes to baking and more! High content of magnesium and phosphorus. Magnesium helps to reduce fatigue and exhaustion. Phosphorus contributes to normal energy metabolism. It is important to have a versatile and balanced diet and a healthy lifestyle.

Originally, cacao comes from South America and was considered by the Aztecs to be the food of the gods. The Latin name of the cacao plant comes from Carl Von Linné "Theobroma Cacao", and means precisely "cacao the food of the gods" in Latin.

Use: baking, hot chocolate drink, smoothies, raw food bars and for snacks.

Ingredients : Organic cacao nibs (crushed cocoa beans)

Country of origin: South America

Contents: 200g powder

Certification: EU Organic

Nutritional value per 100 g

Energy	2549 kJ / 607 kcal
Fat	55 g
of which saturated fat	34 g
Carbohydrates	4,4 g
of which sugars	1,0 g
Fiber	21 g
Protein	13 g
Salt	0,0 g
Phosphorus	423 mg (60% of DRI)
Magnesium	279 mg (74% of DRI)

DRI: Daily Reference Intake

