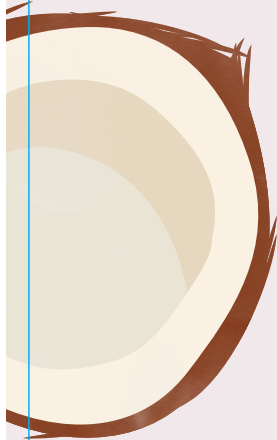


180 mm



ORGANIC COCONUT FLOUR

Biona Organic Coconut Flour is made from hand-harvested Sri Lankan coconuts, meeting the highest ethical standards. High in fibre and gluten free, it is the perfect alternative to wheat flour. Use in pancakes and baking to add natural sweetness, or to thicken curries. Due to the high fibre content, coconut flour is more absorbent than wheat flour, so remember to adjust quantities when converting recipes.

Vegan pancake recipe:

- 2 tbsp ground flaxseed
- 1/4 cup of your choice of milk
- 1/4 cup nut butter of your choice
- 1/3 cup Biona Organic Coconut Flour
- 2 tbsp ground almonds
- 1 tsp baking powder
- 2 tbsp coconut sugar
- 1 tbsp oil for frying

Method:

1. In a mixing bowl, prepare the flax eggs by mixing the ground flaxseed with 5 tbsp water and leave to thicken.
2. Whisk together the flax eggs with the nut butter and your choice of milk to loosen, followed by the dry ingredients, until well combined.
3. Heat a frying pan with oil and add a couple of tablespoons of batter. Cook for a few minutes on one side until bubbles appear, then flip and cook until golden.
4. Serve with your favourite toppings. Enjoy!



LK-BIO-149
Sri Lanka Agriculture
Sri Lanka Landwirtschaft
Agriculture Sri Lanka
Sri Lanka maataloutta
Γεωργία Σρι Λάνκα
Agricultura Sri Lanka
Sri Lanka jordbrug
Sri Lanka Landbouw



Country of Origin:
Sri Lanka

• *vegan* • *gluten free* • *wheat free* • *high in fibre* • *source of protein*

Average Nutritional Values/ durchschnittliche Nährwerte/ valeur nutritionnelle moyenne pour/ keskimääräinen ravintoarvo/ Μέση Διατροφική Αξία/ valori nutrizionali/ næringsverdi/ gemiddelde voedingswaarde/ per 100g	
Energy/Energie/energie/energia/ενέργεια/energia/energi/energie	1907kJ/454kcal
Fat/Fett/matières grasses/rasva/λιπαρά/grassi/fett/vetten	18g
of which saturates/davon gesättigte Fettsäuren/dont acides gras saturés/justa tyydyttynyttä/εκ των οποίων κορεσμένα/ acidi grassi saturati/hvorav mettet fett/waarvan verzadigde vetzuren	17g
Carbohydrate/Kohlenhydrate/glucides/hiihhydraatti/υδατόνθρακες/carboidrati/karbohydrater/koolhydraten	19g
of which sugars/davon Zucker/dont sucres/justa sokereita/εκ των οποίων σάκχαρα/di cui zuccheri/ hvorav sukker/waarvan suikers	19g
Fibre/Ballaststoffe/fibres alimentaires/ραβιντοκουίνι/εδώδιμες ίνες/fibre/fiber/vezels	37g
Protein/Eiweiß/proteïnes/proteini/πρωτεΐνη/proteine/Protein/eiwitten	16g
Salt/Salt/sel/suola/αλάτι/sale/salt/zout	0.81g



www.biona.co.uk

Biona, 6a Lower Teddington Rd, Kingston,
KT1 4ER, UK
Biona, Turfsteek 6, 8433 HT, Haulerwijk,
Netherlands



ORGANIC COCONUT FLOUR

GB ORGANIC COCONUT FLOUR

Ingredients: Coconut.

* = Certified Organic Ingredients.

Best before: see stamp.

Store cool and dry. Once opened transfer contents to a suitable container, refrigerate and consume within 30 days.

D BIO KOKOSMEHL

Zutaten: Kokosnuß*.

* = Aus kontrolliert biologischem Anbau.

Mindestens haltbar bis: siehe Stempel.

Kühl und trocken lagern. Nach dem Öffnen in geeignetem Container kühl aufbewahren und innerhalb von 30 Tagen konsumieren.

F FARINE DE NOIX DE COCO BIOLOGIQUE

Ingédients: noix de coco*.

* = issus de l'agriculture biologique.

À consommer de préférence avant le: voir impression.

Conservé dans un endroit frais et sec. Après ouverture, transférer le contenu dans un récipient approprié, conserver au réfrigérateur et consommer endéans les 30 jours.

FI LUOMU KOOKOSJAUHO

Ainekset: kookos*.

* = kontrolloitu luomutuote.

Parasta ennen: katso leima. Säilytä viileässä ja kuivassa paikassa. Avattuna siirrä sopivaan astiaan, säilytä kylmässä ja käytä 30 päivän sisällä.

500ge

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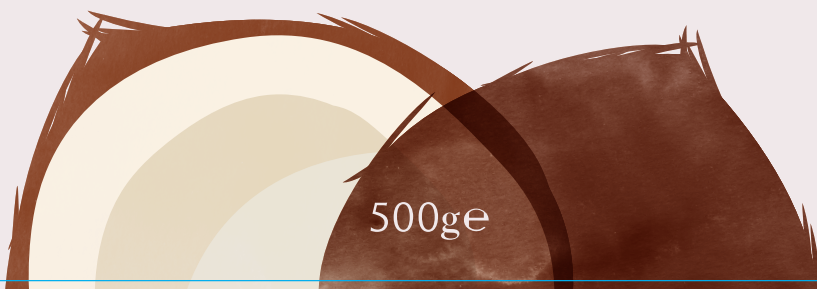


ORGANIC COCONUT FLOUR



ORGANIC COCONUT FLOUR

• *gluten free* • *wheat free*
• *high in fibre* • *source of protein*



500ge



ORGANIC COCONUT FLOUR

GR BIOΛΟΓΙΚΟ ΑΛΕΥΡΙ ΚΑΡΥΔΑΣ

Συστατικά: Καρύδα*.

* = Προϊόν βιολογικής Γεωργίας.

Ανάλωση πριν από: βλέπε σφραγίδα.

Διατηρείται σε δροσερό και ξηρό μέρος. Μετά το άνοιγμα αδειάστε το περιεχόμενο σε άλλο σκεύος, διατηρείστε στο ψυγείο και καταναλώστε έως 30 ημέρες.

I FARINA DI COCCO BIOLOGICO

Ingredienti: nocce di cocco*.

* = ingredienti da agricoltura biologica

Preferibilmente entro: vedi timbro.

Conservare al fresco ed asciutto. Una volta aperto, trasferire il contenuto in un recipiente adatto, conservare in frigorifero e consumare entro 30 giorni.

N ØKOLOGISK KOKOS MEL

Ingredienser: kokosnøt*.

* = fra kontrollerede økologiske landbrug.

Best før: se datostempel.

Lagre kjølig og tørt. Når innholdet er åpnet, overføres det til en passende beholder, kjøles og konsumeres innen 30 dager.

NL BIOLOGISCH KOKOS MEEL

Ingrediënten: kokosnoot*.

* = van gecontroleerde biologische landbouw.

Ten minste houdbaar tot: zie stempel.

Bewaar op een koele en droge plaats. Na openen zet in een geschikte container, gekoeld bewaren en binnen 30 dagen consumeren.

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