

INGREDIENTS

Organic virgin coconut oil... and that's it!

NUTRITIONAL MUMBO JUMBO

Typical Nutritional Values **Per 100ml**
Energy

3154kJ

767kcal

Fat

92.5g

of which Saturates

86.6g

Carbohydrate

0.0g

Sugars

0.0g

Protein

0.0g

Salt

0.0g



The Groovy Food Company Ltd, EX3 0PW

www.groovyfood.co.uk

fry, bake,
roast,
spread

100% raw,
cold pressed

the
groovy
organic
extra virgin
coconut
oil