

100% Organic & Finely Ground



100% EMPLOYEE-OWNED



GRAIN-FREE
**COCONUT
FLOUR**

Excellent Source of Fiber
6g Fiber PER SERVING

CONTAINS 3G OF TOTAL FAT PER SERVING. SEE NUTRITION INFORMATION FOR FAT AND SATURATED FAT CONTENT.

U NET WT 16OZ (1LB) 454g



Perfect for smoothies and adding fiber to grain-free baking.

CHOCOLATE COCONUT CAKE

1/2 cup (64g) King Arthur Coconut Flour 3/4 cup (149g) sugar
1 teaspoon baking powder 1/2 teaspoon salt
6 tablespoons (85g) butter 1 teaspoon vanilla
1/2 cup (43g) cocoa powder 6 large eggs

DIRECTIONS

Preheat oven to 350°F. Grease an 8 1/2" x 4 1/2" loaf pan.

Sift together the coconut flour and baking powder, mixing to combine; set aside.

In a large, microwave-safe bowl, melt the butter with the cocoa, stirring until well blended.

Whisk the sugar, salt, vanilla, and eggs into the butter-cocoa mixture. Add the coconut flour and baking powder, whisking until smooth.

Pour the batter into the prepared pan. Let it rest for 10 minutes.

Bake 35 to 45 minutes, until set and a toothpick inserted into the middle comes out clean.

Cool cake in the pan for 30 minutes before turning it out onto a rack to cool completely. The cake is easiest to slice when fully cooled.

Yield: One 8 1/2" x 4 1/2" cake.



Find grain-free recipes at KingArthurBaking.com/grain-free

HOW TO BAKE WITH IT

- **FOR NON-YEAST TREATS:** To substitute coconut flour for regular flour, replace 1/4 of the flour called for in the recipe with an equal amount of coconut flour by volume. Increase the liquid as well, since coconut flour absorbs 4 times its weight in liquid.
- Add coconut flour to smoothies as a thickener, but be sure to blend the coconut flour with some of the liquid first to prevent gritty texture.



BEST IF USED BY:

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Nutrition Facts

about 30 servings per container

Serving size 2 tbsp (15g)

Amount per serving

Calories **50**

% Daily Value*

Total Fat 3g 4%

Saturated Fat 3g 14%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 8g 3%

Dietary Fiber 6g 21%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 9mg 0%

Iron 1mg 6%

Potassium 196mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

100% Certified Organic Coconut.

DISTRIBUTED BY

KING ARTHUR BAKING COMPANY, INC.

NORWICH, VERMONT 05055

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CERTIFIED ORGANIC BY QUALITY ASSURANCE INTERNATIONAL.

Produced on equipment that also processes eggs, milk, soy, and almonds.

STORE AIRTIGHT IN REFRIGERATOR.



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HOTLINE**

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