

OH408 ORGANIC COCONUT PALM SUGAR



Nutrition Facts

Serving Size about 1 tsp (4g)

Amount Per Serving

Calories 15 **Cals. From Fat** 0

% Daily Value**

Total Fat 0 g 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 0 mg 0%

Total Carbohydrate 4 g 1%

Dietary Fiber 0 g 0%

Sugars 4 g

Protein 0 g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 0%

**Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

| | CALORIES | 2000 | 2500 |
|--------------------|-----------|----------|----------|
| Total Fat | Less than | 65g | 80g |
| Sat. Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300 mg | 300 mg |
| Sodium | Less than | 2,400 mg | 2,400 mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories Per Gram:

Fat 9 * Carbohydrate 4 * Protein 4

Points Of Interest

Made from the nectar of the coconut palm flower, our Organic Coconut Palm Sugar has a light sweetness and a rich, caramelized flavor similar to brown sugar.

- Also known simply as coconut sugar
- Finely granulated texture
- Toasty, rich aroma
- Subtle sweetness with notes of caramel
- USDA Certified Organic

Suggested Uses

- Use in place of traditional cane sugar in any recipe
- Add to coffee or tea to sweeten
- Use as a lighter substitute for sugar in low-glycemic diets

Basic Preparation

Ready to use. Add to taste.

Recipe

Flourless Chocolate Brownies

- 3 large eggs
- 1 cup unsweetened cacao powder
- 1 cup Organic Coconut Palm Sugar
- 1/2 cup organic coconut flour
- 1/4 cup + 1 tablespoon extra virgin coconut oil
- 2 teaspoon vanilla
- 1/8 teaspoon salt

Preheat oven to 350°F.

Coat an 8x8 pan with non-stick spray. Line with a piece of parchment paper, spraying parchment paper as well. Whisk eggs with cocoa powder and Organic Coconut Palm Sugar in a large bowl until velvety ribbon forms. Add remaining ingredients, and whisk until thoroughly combined.

Pour mixture into prepared pan and bake for 25 to 30 minutes. Center will be soft and jiggle slightly. Remove brownies from oven and set on a rack to cool completely, 5 to 6 hours or overnight.

Makes 6-8 portions

These gluten-free treats are loaded with rich cocoa flavor. The Organic Coconut Palm Sugar helps create a gooey, fudgy texture, and the addition of our Organic Coconut Flour gives structure.

Source of Nutritional Information

Ingredients

Organic coconut sap sugar.

Handling And Storage

Store in a dry, cool place.