# B COCONUT OIL

Our coconut oil comes from coconut trees in the Philippines, grown throughout multiple regions. We find the reigon's best coconuts and blend them for a result that celebrates the natural flavor and aroma.

### OUR PROCESS

We've found that the best coconuts grow in tropical climates where they can soak up the sun and rain. After about ten years in these sandy, yet nutrient rich soils they begin to produce coconuts, hitting peak production at about two decades. There's a particular point after the outside of the coconut has turned from bright green to yellow when the inside becomes a thick, nutrient-rich, flavorful meat. Once ripened the coconuts are cut down individually and sent to be washed, husked and peeled.

To utilize as much of the coconut as possible the husks are saved, and their fiber is used to produce items such as clothing and tableware. Each coconut is then sliced by hand then sent for a quick rinse/wash. Most processors will heat and refine the dried coconut meat, resulting in an inferior oil. We use only fresh coconut meat in our process, pressing it then placing in a centrifuge spinning at high speed to separate the oil from the water. Once the oil is separated, we filter it to remove any remaining solid; and purify and clarify the oil, leaving it perfectly milky white.

### USE

Coconut oil has a light, tropical nutty flavor and can substitute oils and butter in recipes. It can also be used as an external moisturizer and as a carrier oil in shampoos, lotions, soaps and more.

## THE SOURCE

Located southeast of China, the Philippines are made up of over 7,000 islands in the Pacific Ocean. The soils are nutrient dense from frequent volcanic eruptions and are complemented by rivers, lush rainforests, and mountains.



Variety Cocos nucifera

*Origin* Philippines



#### Typical Nutrition Per 100g

Calories	889
Calories from fat	889
Total Fat	98.73g
Saturated Fat	93.72g
Trans Fat	Og
Cholesterol	Omg
Sodium	Omg
Potassium	Omg
Total Carbohydrate	Og
Dietary Fiber	Og
Sugars	Og
Protein	Og
Vitamin A	010
Vitamin C	Omg
Vitamin C Calcium	Omg Omg
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