

- **Coconut milk**
can - bag in box
- **Coconut chips**
half toasted - raw
- **Coconut chips with skin**
Chips with brown skin
- **Coconut desiccated**
fine - medium
- **Coconut fat**
virgin - RDB
- **Coconut flour**

ORGANIC COCONUT

DO-IT is a leading company in import and export of 100% Organic Food Ingredients and Consumer Goods

Find out the different coconut items DO-IT offers



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Coconut cream and milk

Coconut cream is obtained by pressing grated coconut flesh by itself without water, using a specialized, heavy piece of machinery.

More hot water is added to the pulp and the process is repeated to yield a lighter fluid, or coconut milk.

Coconut chips and coconut chips with skin

Coconut chips are roasted coconut flesh, the flakes are graded by sieving. Coconut chips with skin are crunchy coconut chips with a border of the brown husk.

Desiccated coconut

Desiccated coconut is the sterilized and grated flesh of the coconut, graded by sieving.

Coconut fat / oil

Coconut fat is obtained by pressing the Copra, the dried flesh of the fruit(seed) of the coconut palm (*Cocos nucifera*). Botanically the coconut is a drupe, not a nut. Coconut fat is a stable fat/oil with a high content of saturated fat.

The principle fatty acid in coconut milk and fat is lauric acid, which is the same fat found in abundance in mother's milk. This saturated fat is supposed to be a good saturated fat, easily metabolized to give your body quick energy. Coconut milk is an alternative for babies and people, allergic to cow's milk.

Coconut flour

After crushing and drying the flesh, the oil is extracted, than the flesh is milled and sieved into flour.

Name	Coconut milk bag in box	Coconut chips half toasted - raw	Coconut chips with skin	Coconut desic. fine - medium	Coconut fat RBD - virgin 20-28° - 24-26°	Coconut flour fine
Code	19105 - 19107	17262 - 17260	17188	17172 - 17180	15060 - 15064	17186
Packaging	3 ltr - 20 ltr	10 kg - 10 kg	10 kg	25 kg 25 kg	25 kg 184 kg	10 kg
Origin	Sri Lanka	Sri Lanka	Sri Lanka	Sri Lanka	Asia	Sri Lanka
Appearance	Liquid	Flakes 0,5-4 2-4cm	Chips 4-7cm	<1,7mm-<3,35mm	Solid	Powder
Fat	18%	67%	65%	65%	99,90%	15,40%
Saturated fat	17%	57%	56%	57%	91,00%	14,50%
Protein	1%	7,60%	6,70%	6,90%	0	20,90%
Carbohydrates	3,50%	16%	7,30%	7,30%	0	16,80%
Moisture	-	<2% - <3%	<2%	<3%	<0,1%	<6%
Shelf life max. after production	1 year	1 year	1 year	1 year	1 ½ years	1 year
Application	food preparation drinks/smoothies cooking	muesli	muesli crispy snack	confections cookies-bakery desserts	baking, frying margarine cosmetics	gluten free substitute flour

