

## COCONUT CULTIVATION

## & SOCIAL RESPONSIBILITY

Purasana found a partner in Sri Lanka for the premium quality coconut range. A small family business where the 3rd generation is in charge now. They take pride in their passion.

The coconut palms are grown in mixed culture together with pineapples, bananas, pepper and coffee. Some farmers even use the coconut plantations as pasture grounds for their livestock. The farmers fertilize the palm trees by burying the potassium-rich fibre shells in semi-circular ditches around the palm trees. This provides nutrients to the trees and improves the soil's water holding capacity. The coconuts are harvested every 6-7 weeks, stored on the fields and husked subsequently.

The company takes its social responsibility seriously and works according to the high standards for Fairtrade. Fairtrade is an alternative approach to conventional trade and is based on a partnership between producers and consumers. When farmers can sell on Fairtrade terms, it provides them with a better deal and improved terms of trade. This allows them the opportunity to improve their lives and plan for their future. Fairtrade offers consumers a powerful way to reduce poverty through their every day shopping.

When a product carries the FAIRTRADE Mark it means the producers and traders have met Fairtrade Standards. The Fairtrade Standards are designed to address the imbalance of power in trading relationships, unstable markets and the injustices of conventional trade.



### COCONUT ROCKS

#### INGREDIENTS

- 250g of coconut flakes (fine or medium)
- 250g of sugar
- 3 egg whites
- a pinch of salt

#### PREPARATION

Preheat the oven to 160°C.

Add the salt to the egg whites and beat the mixture until stiff.

Add the coconut sugar one spoonful at a time. Then carefully spoon the coconut flakes through the stiffly beaten egg white.

Pipe small tower shapes onto a baking sheet using a piping bag. Bake the coconut rocks for 25-30 minutes and leave to cool.

Enjoy!

More delicious recipes?



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EN

**purasana**  
your natural protection

**CO  
CO  
RANGE**

100 %  
organic

premium  
quality





## PREMIUM QUALITY

Purasana only choses top quality, that's why our team travelled through Sri Lanka for several weeks looking for the best coconut oil. Sri Lanka is well known for its exceptional taste and quality in coconut oil products this because of its amazing tropical climate. Purasana wants quality and has therefor a list of selection criteria to work with:

- Premium quality
- Organic product
- ISO 22000-2005
- FSSC 22000
- Kosher
- Family business
- Long experience
- Social engagement (Fairtrade)

## DISCOVER OUR FULL RANGE

## OF COCONUT PRODUCTS



\*except for the coconut blossom sugar and the RDB oil.

225g

spread

natural

Premium Organic Fairtrade coconut spread. This sweet spread has a fresh coconut flavour with a creamy texture and contains no added sugars. If necessary, stir well before using.

*Use: as a substitute for butter, on toast, bread, pancakes, waffles, honey cake. Can also be used to thicken sauces.*

oil

250ml • 500ml • 750ml

extra virgin

Premium Organic Fairtrade extra virgin, cold-pressed coconut oil, 100% raw, kosher, gluten free and GMO free.

*Use: cooking, baking, grilling, spreading, for use in ice creams, as an iced topping, in baby food, and in granola bars but can also be used in hair oil, face cream etc.*

250g • 500g

flour

natural

Premium Organic Fairtrade coconut flour is gluten free and easy to digest, and it has a low carbohydrate content and a low glycaemic index (GI) value.

*Use: in bread, cakes, pies and many other types of baked goods. In most recipes you can replace 30-35% of other flour with coconut flour. In some recipes you can even use only coconut flour.*

chips

100g

natural

toasted

toasted & sweetened

Coconut chips are the ideal healthy snack. Natural, toasted, or toasted and sweetened – the choice is yours.

*Use: as a snack, with breakfast cereal or as a topping on dishes or cakes.*

125g • 250g

flakes

fine • medium

Premium Organic Fairtrade dried coconut flakes, fine or medium.

*Use: in patisserie, granola bars, breakfast cereal, yoghurt, pastries, chocolate, puddings, curries, ice cream, biscuits, etc. The flakes add extra texture and a delicious coconut flavour to a dish.*

blossom sugar

500g

natural

Made from coconut blossom nectar. Aromatic, rich-tasting, delicious, unrefined brown sugar with a sweet caramel taste that adds warmth, depth and colour to dishes and pastries. (origin: the Philippines or Indonesia)

*Use: as a substitute for other sugars.*

4 x 50g

cream sticks

natural

In handy portion sticks. This sweet cream has a fresh coconut flavour with a creamy texture and contains no added sugars. It gives your dishes a delicious coconut flavour.

*Use: in sauces, curries, as a cream with desserts, in dips and ice creams.*

RDB oil

500ml • 2000ml

natural

This refined, deodorised, and bleached coconut oil is ideal for frying because it does not transfer a coconut flavour to the dish. The coconut fat lasts longer and is easy to digest. (origin: the Philippines)

*Use: cooking, frying, spreading.*