food service & bulk



PRESENTATIONS:



• 11 lb Bag



• 55 lb Bag



• 1.3 gal Bucket



5 gal Bucket



• 1 Gallon





5 gal Jerry Can52.8 gal Drum



• 264 gal Tote

COCONUT

Nutrition Facts Serving size 1 Tbsp (4g) Amount per serving **Calories** %Daily Value* 0% Total Fat 0g 0% Saturated Fat 0g Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 5mg Total Carbohydrate 4g 1% 0% Dietary Fiber 0g Total Sugar 4g 0% Includes 0g Added Sugars Protein 0g Vitamin D 0mcg 0% Calcium 0mg 0% Iron 0mg 0% 0% Potassium 0mg *The % Daily Value (DV) 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

Presentations:

- 11 lb Bag
- 55 lb Bag

Coconut Sugar is a 100% natural sweetener; it is extracted from the sap that comes from the coconut palm. Surprisingly, it doesn't taste like coconut as it has caramel flavor notes, it dissolve easily in your beverages.

It is a low glycemic sweetener and contains amino acids, which makes it a healthier option to replace cane sugar.



COCONUT **FLOUR**

Nutrition Facts Serving size 2 Tbsp (30g) Amount per serving 130 Calories %Daily Value* 4% Total Fat 3g 10% Saturated Fat 2g Trans Fat 0g 0% Cholesterol 0mg 1% Sodium 21mg 7% Total Carbohydrate 19g 3% Dietary Fiber 11g Total Sugar 6g Protein 6q Vitamin D 0mcg 0% Calcium 0mg 0% Iron 1mg 6% 6% Potassium 340mg *The % Daily Value (DV) 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.

Presentations:

- 11 lb Bag
- 55 lb Bag

Coconut Flour comes from the pulverization of coconut pulp. It is the perfect substitute for common and refined flours since it is gluten-free, rich in protein and fibers, which makes it an easy to digest food, and it does not contain preservatives.

Everything you were looking for in a flour to cook your favorite recipes.



NOPAL (PRICKLY PEAR LEAVES) **DEHYDRATED POWDER**

Supplement Facts Serving Size: 1 Tbsp (15g)

Amount Per serving	%Daily Value*
Calories	24
Total Carbohydrate 6g	2%
Total Sugars 0g	0%
Includes 0g Added Sug	gars 0%
Dietary Fiber 14g	50%
Calcium 390mg	30%
Nopal Cactus 15g (Opuntia ficus-indica)	**

^{*}Percent Daily Value are based on a 2,000 calories diet.

Presentations:

- 11 lb Bag
- 55 lb Bag

Nopal (Prickly Pear Leaves) Dehydrated Powder is extracted from the leaves of the prickly pear; they are selected, dehydrated and pulverized for use.

Dehydrated nopal (prickly pear leaves) powder is a source of minerals and sugar-free fiber that helps the digestive process and reduce the risk of gastrointestinal problems.



^{**}Daily Value (DV) not established.

AGAVE INULIN

Supplement Facts

Serving Size: 1 Tsp (4g)

Amount Per serving		%Daily Value*
Calories	4	
Total Carbohydrate	4g	1%*
Dietary Fiber	3g	11%*
Agave Inulin	4g	**

^{*}Percent Daily Value are based on a 2,000 calories diet.

Presentations:

- 11 lb Bag
- 55 Bag

Agave Inulin is a soluble fiber and natural prebiotic. It comes from Agave Tequilana Weber and has a low glycemic index, it improves your intestinal function, and it helps with the absorption of nutrients such as calcium, vitamins and antioxidants. It does not contain odor or taste, and it has a rapid absorption in your body.

Add it to desserts, smoothies, milkshakes, tea, coffee, gelatin, juices, or simply dissolve a tablespoon in a glass of water.



^{**}Daily Value (DV) not established.

CHICORY ROOT FIBER

Supplement Facts

Serving Size: 1 Tsp (4g)

Amount Per servin	g	%Daily Value*
Calories	4	
Total Carbohydrate	4g	1%*
Dietary Fiber	3g	11%*
Agave Inulin	4g	**

^{*}Percent Daily Value are based on a 2,000 calories diet.

Presentations:

- 11 lb Bag
- 55 Bag

Chicory Root Fiber is a soluble fiber and natural prebiotic. It comes from chicory root, it improves your intestinal function, and it helps with the absorption of nutrients such as calcium, vitamins and antioxidants. It does not contain odor or taste, and it has a rapid absorption in your body.

Add it to desserts, smoothies, milkshakes, tea, coffee, gelatin, juices, or simply dissolve a tablespoon in a glass of water.



^{**}Daily Value (DV) not established.

AGAVE **SWEETENER**

Nutrition F Serving size 2	acts Tbsp (30 g)
Amount per serving Calories	110
%	Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	4%
Total Sugar 27g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
*The % Daily Value (DV) tells you how m a serving of food contributes to a daily d a day is used for general nutrition advice	iet. 2,000 calories

Presentations:

- 11 lb Bag
- 55 lb Bag

Agave Sweetener is made of 100% Agave Tequilana Weber, that comes from the crystallization of agave syrup, beign 40% sweeter than traditional cane sugar, making it a low glycemic index sweetener.

It can be used to sweeten your beverages and foods in a healthier way.



EXTRA VIRGIN AVOCADO OIL

Nutrition Facts Serving size 1 Tbsp (15mL) Amount per serving Calories %Daily Value* 18% Total Fat 14g 10% Saturated Fat 2g Trans Fat 0g Polyunsaturated Fat 2 g Monounsaturated Fat 10 g 0% Cholesterol 0mg 0% Sodium 0mg 0% Total Carbohydrate 0g 0% Dietary Fiber 0g Total Sugar 0g Protein 0a Vitamin D 0mcg 0% Calcium 0mg 0% 0% Iron 0mg Potassium 0mg 0% *The % Daily Value (DV) 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

Presentations:

- 1 Gallon

 (4 pieces per box)
- 5.2 gal Jerry Can (upon request)
- 52.8 gal Drum (upon request)
- 264 gal Tote (upon request)

Extra Virgin Avocado Oil is cold pressed, 100% pure avocado oil, green color with golden re flections, made with Mexican Hass avocado, grown in Michoacán; it has a high smoke point of 260 °C/500°F, gluten-free and trans fat free, non-GMO, high in omega 3, 6, 9 and in monounsaturated fats that help control cholesterol. This oil is ideal for marinating, sautéing, preparing dressings, mayonnaise, vinaigrettes or simply giving a touch of flavor to your food.



REFINED **AVOCADO OIL**

Nutrition Facts Serving size 1 Tbsp (15mL) **Amount per serving** Calories %Daily Value* 18% Total Fat 14g 10% Saturated Fat 2g Trans Fat 0g Polyunsaturated Fat 2 g Monounsaturated Fat 10 g 0% Cholesterol 0mg 0% Sodium 0mg 0% Total Carbohydrate 0g 0% Dietary Fiber 0g Total Sugar 0g Protein 0g Vitamin D 0mcg 0% 0% Calcium 0mg 0% Iron 0mg Potassium 0mg *The % Daily Value (DV) 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

Presentations:

- 1 Gallon (4 pieces per box)
- 5.2 gal Jerry Can (upon request)
- 52.8 gal Drum (upon request)
- 264 gal Tote (upon request)

Refined Avocado Oil is cold pressed, 100% pure avocado oil, made with Mexican Hass avocado, grown in Michoacán, it has a lighter flavor and odor; however, it maintains its nutritional properties, gluten-free and trans fat free, non-GMO, high in omega 3, 6, 9 and in monounsaturated fats that help control cholesterol. Due to its high smoke point of 260 °C/500 °F it can be used for cooking and frying.



TOASTED **SESAME OIL**

Nutrition Facts Serving size 1 tbsp (15mL) **Amount per serving Calories %Daily Value*** Total Fat 14g Saturated Fat 2g 10% Trans Fat 0g Polyunsaturated Fat 6g Monounsaturated Fat 6g Cholesterol 0mg 0% Sodium 0mg 0% Total Carbohydrate 0g 0% 0% Dietary Fiber 0g Total Sugar 0g Included 0g Added Sugars 0% Protein 0g Vitamin D 0mcg 0% Calcium 0mg 0% Iron 0mg 0% Potassium 0mg *The % Daily Value (DV) 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

Presentations:

- 1 Gallon

 (4 pieces per box)
- 5.2 gal Jerry Can (upon request)

Toasted Sesame Oil is a 100% Mexican product made from the extraction of roasted sesame seeds. It contains antioxidants such as omega 6, 9 and vitamin E.

It is also a cholesterol-free oil highly used in oriental cuisine for a variety of dishes, for sautéing, marinating or giving a distinct flavor to the dishes.



EXTRA VIRGIN SESAME OIL

Nutrition Facts Serving size 1 tbsp (15mL) **Amount per serving Calories** %Daily Value* Total Fat 14g Saturated Fat 2a 10% Trans Fat 0g Polyunsaturated Fat 6g Monounsaturated Fat 6g Cholesterol 0mg 0% Sodium 0mg 0% Total Carbohydrate 0g 0% 0% Dietary Fiber 0g Total Sugar 0g Included 0g Added Sugars 0% Protein 0g Vitamin D 0mcg 0% Calcium 0mg 0% Iron 0mg 0% Potassium 0mg *The % Daily Value (DV) 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

Presentations:

- 1 Gallon

 (4 pieces per box)
- 5.2 gal Jerry Can (upon request)

Extra Virgin Sesame Oil is a 100% mexican product that comes from sesame seeds, it is cold pressed and 100% natural. It contains antioxidants such as omega 6, 9 and vitamin E, it is also cholesterol free. This oil is highly uses in oriental cuisine, ideal for marinating, sautéing, preparing dressings, mayonnaise, vinaigrettes or simply giving a touch of flavor to your food.



EXTRA VIRGIN COCONUT OIL



Presentations:

- 1.3 gal Bucket
- 5 gal Bucket
- 52.8 gal Drum (upon request)
- 264 gal Tote (upon request)

Extra Virgin Coconut Oil is obtained from the fresh and ripe pulp of cold pressed coconuts; it is gluten-free and trans fat free, non-GMO, and it has antioxidants; depending on the room tempe rature it is solid or liquid.

This oil is ideal for sautéing, desserts or simply giving a touch of flavor to your food.



NEUTRAL COCONUT OIL

Nutrition Facts Serving size 1 tbsp (15mL)	
Amount per serving Calories	130
%D	aily Value*
Total Fat 14g	18%
Saturated Fat 13g	60%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugar 0g	
Included 0g Added Sugar	rs 0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
*The % Daily Value (DV) tells you how a serving of food contributes to a daily a day is used for general nutrition advice	diet. 2,000 calories

Presentations:

- 1.3 gal Bucket
- 5 gal Bucket
- 52.8 gal Drum (upon request)
- 264 gal Tote (upon request)

Neutral Coconut Oil has no flavor or odor; however, it maintains its nutritional properties. It is obtained from the fresh and ripe pulp of cold pressed coconuts; it is gluten-free and trans fat free, non-GMO, and it has antioxidants; depending on the room temperature it is solid or liquid. This oil is ideal for cooking, sautéing and for making desserts.



AGAVE **SYRUP**

Nutrition Facts 2 tbsp (30 mL) Amount per serving **Calories** %Daily Value* 0% Total Fat 0g 0% Saturated Fat 0g Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 0mg 11% Total Carbohydrate 30g 0% Dietary Fiber 0g Total Sugar 28g Includes 0g Added Sugar Protein 0q Vitamin D 0mcg 0% Calcium 0mg 0% 0% Iron 0mg Potassium 0mg 0% *The % Daily Value (DV) 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

Presentations:

- 1 Gallon (4 pieces per box)
- 5.2 gal Jerry Can (upon request)
- 52.8 gal Drum (upon request)
- 264 gal Tote (upon request)

Amber Agave Syrup is made of 100% Agave Tequilana Weber, it is 40% sweeter than cane sugar, making it a better alternative to sweeten your desserts, beverages, and more; it dissol ves easily at high or low temperatures and has a low glycemic index.

Sweeten your beverages and food in a more natural and healthy way.



MEXICAN **HONEY**(PREMIUM & HONEY BUTTER)

Amount per serving		
Calories	70	
%г	Daily Value	
Total Fat 0g	09	
Saturated Fat 0g	09	
Trans Fat 0g		
Cholesterol 0mg	09	
Sodium 0mg	09	
Total Carbohydrate 17g	69	
Dietary Fiber 0g	09	
Total Sugar 17g	09	
Includes 0g Added Sugar		
Protein 1g	09	
Vitamin D 0mcg	09	
Calcium 0mg	29	
Iron 0mg	29	
Potassium 0mg	09	

Presentations:

- 15 lb Bucket
- 59 lb Bucket (upon request)

Premium Honey is 100% pure mexican multifloral honey that comes from the Calakmul biosphere reserve located in Yucatán.

Honey Butter is 100% pure mexican multifloral honey that has a creamier texture due to its fine natural crystallization process, so you can spread it and enjoy it on pancakes, waffles, put it over fruit or simply spread it on a toast.





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