

# Coco Flour

Coconut flour refers to the screened food-grade product obtained after drying, expelling and/or extracting most of the oil or milk from sound coconut meat. The meat can be either pared or unpared. It is sub-classified according to its fat content (low, medium and high), protein content (high protein) and fiber content (high fiber).<sup>27</sup>

## Properties of Coconut Flour <sup>28</sup>

- ✓ Coconut flour has a cream color and is less white than all-purpose flour.
- ✓ Slightly nutty odor, it has less coconut flavor (almost bland taste) due to reduced fat content.
- ✓ Coconut flour and Australian oat are bulkier and will occupy more space per unit volume than banana, all-purpose, hi-maize, Vitacel, and Quaker oat flours.
- ✓ Coconut flour has a shelf-life of six months at room temperature.



## Uses of Coconut Flour

- As substitute for wheat flour in breads and cakes to provide the limiting amino acids in wheat flour. Coconut flour can also be used as fillers for emulsified products such as sausages, meat loaf and burger patties.
- As food supplement/additive in breads, cookies and snack food to provide dietary fiber sources. High-fiber and high-protein coconut flour can be used as fiber food to help in preventing constipation; as fiber food for patients with diabetes and moderately raised cholesterol levels.

## Types of Coconut Flour

- **Full Fat Coconut Flour** is prepared from unpared, dehydrated and edible coconut kernels by pre-pressing and solvent extraction.
- **Defatted Coconut Flour** is obtained from food grade copra that has been defatted by solvent/mechanical extraction. The resulting flour is brownish in color because the kernel is not pared.
- **Low Fat, High Fibre Coconut Flour** is coconut flour made from finely ground coconut residue with a fat content of 10-15%.
- **High Protein, Low Fibre Coconut Flour** is enzyme-translated coconut flour made from finely ground residue.
- **Paring Flour** is prepared from the paring of the coconut.

The United States, Korea and Australia are the Philippines' major importers of coco flour.<sup>29</sup>

<sup>27</sup> FPDD Guide No. 4- Rev. 2, Series of 2019, Philippine Coconut Authority, [www.pca.gov.ph](http://www.pca.gov.ph). Accessed on 07 June 2020.

<sup>28</sup> Production of Coconut Flour and Virgin Coconut Oil, Philippine Coconut Authority, [www.pca.gov.ph](http://www.pca.gov.ph). Accessed on 07 June 2020.

<sup>29</sup> Directory of Philippine Exporters, published by Export Marketing Bureau (DTI-EMB).