



February 2022

TIGERNUTS

THE ULTIMATE IN FUNCTIONAL FOODS



Seed to Consumer



Our operations start from farm production onward to processing and culminating with global distribution of premium products. Our seed to consumer strategy provides a level of providence for our product lines that allows PSA to obtain the **highest levels of Global product certifications**. Over the past decade PSA has operated within the local, regional and export agricultural markets of West Africa. Combining agricultural input supply with farm output handling, PSA grew to include agricultural consultancy and outreach services that developed into our own farms. We currently cultivate over 650 hectares organically. Our model is scalable allowing us to increase our output at a steady rate as required by our markets. We operate nucleus farms that bring local farming communities previously dependent on subsistence agricultural methods into the organic fold thereby connecting them to the global consumer markets. **This enables all stakeholders to benefit from our seed to consumer strategy.**

Healthy never tasted so sweet & crunchy

The idea that food can be both healthy and delicious may seem impossible. Tigernuts deliver an unexpected kick of sweetness, a rich and luxurious taste you'll want to savor. Plus, the sweetness will give you **a boost of energy - without the sugar crash**. Factor in their satisfying crunch and you have a new midday snack.

Tigernuts, also known as "**the earth almond**", are small starchy tubers/root vegetables. Despite the name, Tigernuts are tubers & **NOT A NUT!** While ancient Egyptians believed that Tigernuts had healing & regenerative properties, ayurvedic medicine has used Tigernuts to treat many health issues.

It can be consumed in numerous forms: they can be consumed as snacks in their **raw or peeled form, pressed into Tigernut oil & made into a rich delicious milk – called Horchata de Chufa** in Spain & **Kunu Aya** in West Africa's Sahel Region. The milk is vegan and non dairy. Tigernut can be used in various other edible forms: **butter, flour, oil, as a part of muesli & trail mixes, ice cream, yogurt etc.**



Tigernuts are rich in probiotic fiber, it is believed to be particularly good for **gut health** as it may help to feed the healthy bacteria. **It may promote stable blood sugar and help boost the immune system.** Tigernut is rich in type 1 resistant starch, it resists digestion because the starch becomes bound within the fibrous cell walls. Research suggests that, thanks to resistant starch and other health benefits of tigernuts, it can be beneficial for those suffering from:

- Type 2 diabetes
- Cancers and Autoimmune diseases
- Heart disease and Cardiovascular disease
- Digestive disorders



Let's go the healthy root.

On a mission to create wholesome tigernut products that will inspire you to lead a healthy lifestyle.



Gluten-free

If you suffer from chronic inflammation, digestive issues, or celiac disease, Tigernuts provide products that are gluten-free and won't exacerbate your conditions.



Nut-free

Nut allergies are extremely common -our products are nut-free, making them perfect for sharing with friends and family.



Grain-free

Grains are notorious contributors to health complications. Our products are grain-free.




Suitable for Diabetics

Our tiger nut products are naturally sugar free and may be suitable diabetics.

This Superfood is Super Filling

Tigernuts are an excellent choice for those looking to **lose weight** (and even those who aren't). They keep you full longer and the **high resistant starch content** will reduce blood sugar spikes. We guarantee you won't feel guilty logging tiger nuts into your calorie-counting app!



Burning calories
has never tasted
so sweet!

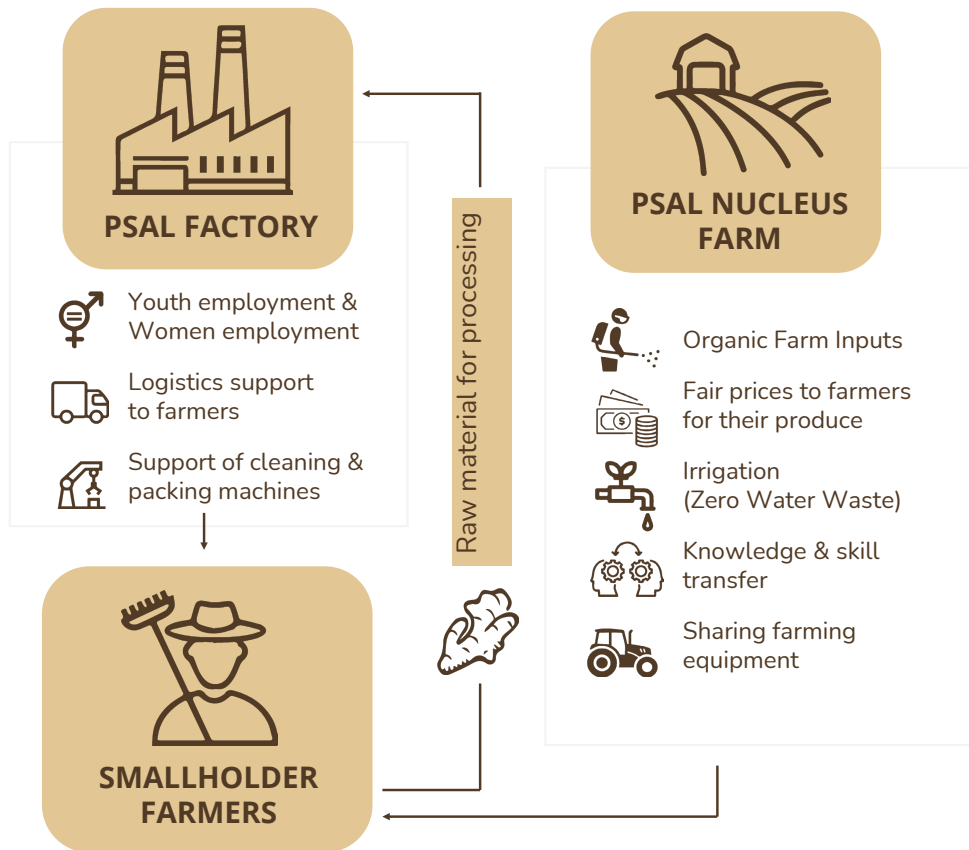


Not a another nut

The deceiving name "**tigernuts**" inspired PSA motto, "**Not Another Nut**." Tigernuts - also known as chufas or earth almonds - are not nuts (or produced from tigers). Instead, they are small tubers.

Nut allergies are extremely common, affecting thousands around the world. In the UK, 1 in 200 adults have nut allergies – and the number is only growing. While peanuts are the most common allergy, they are not the only culprit. Tree nuts, including almonds, walnuts, cashews, pecans, hazelnuts, and pistachios, can also contribute to allergic reactions.

The Process



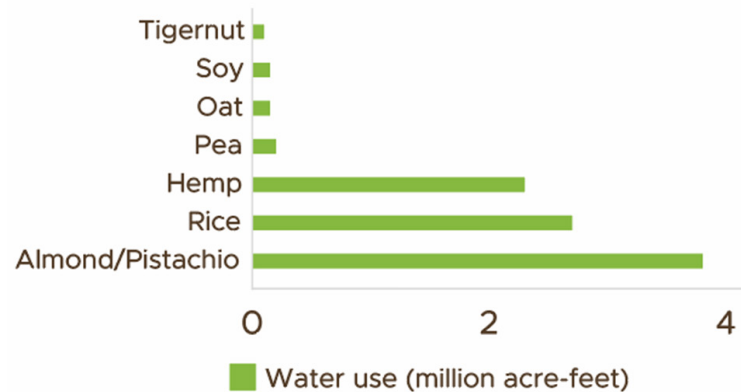
Benefit & Output

1. Making farming for smallholder farmers profitable & sustainable through organic farming. Organic products also fetch a higher price in the global market.
2. Further ensuring that farmers are able to access finance.
3. Increasing exports, hence adding to the GDP of the country.
4. Additional job creation for youth & women.
5. Ensuring that Impact extends beyond project intervention - farmers are able to build sustainable commercial businesses that can operate without dependence on donations.

Environmental and Social Benefits of Tigernuts

Nuts (almond, cashew and hazelnut) cannot be consumed by those with nut allergies. **Tigernut being a tuber & not a nut** (while tasting better than any nut) is one of the most environmentally conscious and sustainable snacks in the market which can be used in various forms.

Most nuts use large quantities of water & pesticides which produce long lasting negative effects on the environment. The various water requirements of each vs. Tigernuts is depicted in the graph below.



Impact to Smallholder Farmers

PSA comes with vast experience in the field of **farming, processing, logistics & export**. Through this experience that we have collected, we have always ensured that we are able to drive sustainable impact for smallholder farmers of Nigeria by **lowering risks & costs for both farmers & buyers**. Our sourcing is developed around creating a positive impact on smallholder farmers in Nigeria.

There is very limited access to improved technologies and their general circumstance does not always merit tangible investments in capital, inputs and labour. Today, more than 80% of Nigeria's farmers are smallholder farmers and they only contributed 22% of GDP in 2012. In addition, half of those working in agriculture belong to the poorest 40%. Small-holder farmers have limited access to affordable finance. Thereby making it impossible for them to invest in their farms, increase productivity, and align with the best updated technological agricultural practices. **Through our project, our goal is to enable them to exit the cycle of poverty.**

PSA wants to bring smallholder farmers, governments, communities, and educational institutes together to build sustainable farming, sourcing and processing models in Nigeria. Through our approach, we will ensure that we create work with farmers who grow agricultural products sustainably; further **ensuring that forests and natural resources are safeguarded and the farming communities are able to thrive.**

Our goal is:

1. **To drive sustainable impact for smallholder farmers of Nigeria** by sharing technology, knowledge of market, farm inputs such as seeds, fertilizers, machinery etc.
2. We have established a **nucleus farm** which will deliver information, logistics, fertilizers, seeds, technological advancements & provide all the necessary support to smallholding farmers to maximise yields. A specialised in house agro-science team will be established in the farm. Our project setup will ensure that farmers are able to prosper through our various agricultural inputs & fair price guarantees based on firm partnerships.

Our Approach



Gender Equality & Youth Empowerment is More Important Today Than Ever in Nigeria

In most parts of Nigeria, women are considered subordinate to their male counterparts. Low wages, lack of jobs, poverty & one financial crisis after another contribute to making young men in Nigeria vulnerable to commit crimes (& sometimes join militant groups). An action that leads to a catastrophic end for their fellow country men, themselves and their families.

We have been trying to break these barriers:

1. We have launched **specialized mentoring programmes** to encourage women we employ & that participate in our training programmes to **apply for leadership positions** within our organisation.
2. **We have a goal to have 50% women participation in management by 2022 end.** Our staff is at the pinnacle of all that we do.
3. We are committed to ensuring we have a **healthy and educated workforce** whose views are listened to and respected. We nurture ambition and ensure that all employees develop relevant skills and knowledge to enrich their contribution and carve their own career path.
4. We have been **collaborating with universities to give live knowledge of the value chain** to students to ensure that young people do not deter from their career path. Collaboration plans to reach 20 students / month; enabling them to be obtain knowledge of the most modern farming, processing & Sales techniques.
5. We have ensured an **equal wages policy**.



Irrigation & Other Agricultural Inputs

The quality & yield of farm product output is greatly affected by Irrigation facilities available in the Farms. PSAL shares best farming practices with all farmers.



Purchase from Smallholder farmers

Our Goal is to purchase more of our Raw material from Smallholder farmers that adhere to Organic standards



Fair prices to farmers for their produce

Fair prices, which guarantee a profit margin to the farmers



Knowledge & Skill Transfer

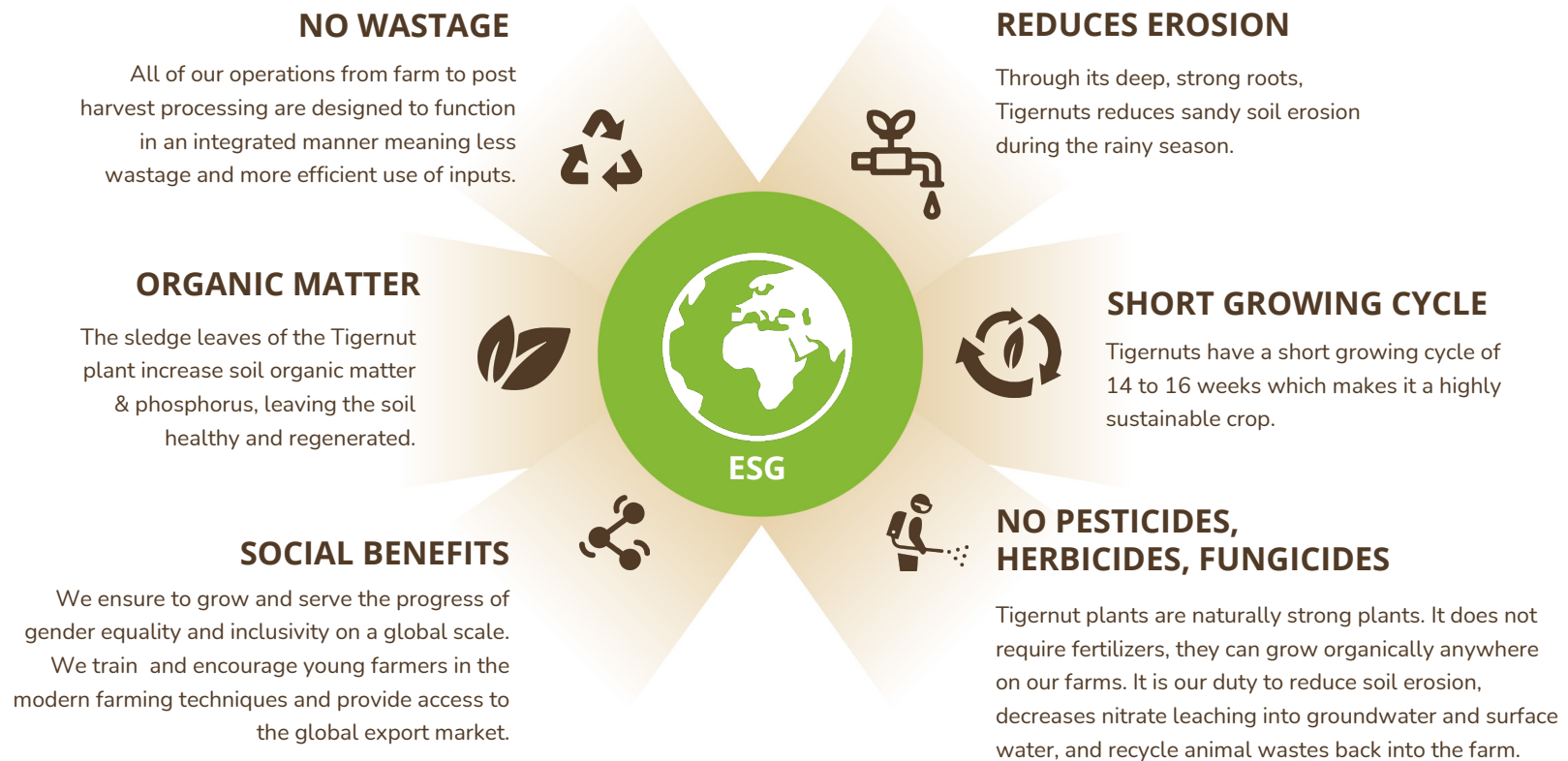
PSAL will Carry out assessments of each smallholder farm's production capability and use our technological inputs to further increase their yields



Farm Inputs: Fertilizers & GMO Free Seeds

PSAL shares all technological inputs, seeds, organic fertilizers with smallholding farmers to ensure that they get the best yields ensuring maximum profits for them.

Environmental, Social, and Corporate Governance (ESG)





Our Sustainable Process

We go the extra mile in making sure our products meet our sustainability standards. Our tiger nuts are...

- Organically **grown in Africa** and then thoroughly **cleaned, sorted and processed**.
- **Shipped** to Europe and the United States, maintaining a steady supply chain
- Packed and processed in **gluten-free & nut-free** facilities to avoid cross-contamination.

Like potatoes, tiger nuts grow underground and are **rich in nutrients**.

We use all parts of the root when making our products, reinforcing our no-waste approach.



No animals are harmed in the production process!

Heavy on the benefits. Light on the planet.

- ✓ Tiger nuts have a low water & carbon footprint
- ✓ No significant damage to water, air, forest, soil, or land in the production process
- ✓ Tiger nuts can endure cold climates and rough soil conditions, such as flooding or drought.



Pharmacology



SOURCE OF NON-ANIMAL PROTEIN

Proteins are fundamental for the human body. Different studies have demonstrated that Chufas have a protein content 8% higher than wholemeal wheat. Tigernuts also have more amino acids than the current World Health Organisation's standard for proteins.



MAY HELP TO PREVENT CANCER AND HEART DISEASES

The Tigernut is a source of Vitamin E that protects us from the creation of harmful free radicals which are responsible for the death of the body's cells. This fact, combined with a high content of oleic acid has demonstrated that it reduces the risk of heart diseases.



MAY HELP TO CONTROL BLOOD PRESSURE

Its high content of the amino acid arginine helps the body to make nitric oxide. This helps in maintaining dilated blood vessels thus improving blood flow.



MAY HELP TO CONTROL DIABETES

The high insoluble fiber content of Tigernuts helps diabetics to regulate their sugar levels. Recent studies have demonstrated that the fiber doesn't elevate sugar levels in the blood when compared to carbohydrates.



MAY ACT AS AN APHRODISIAC

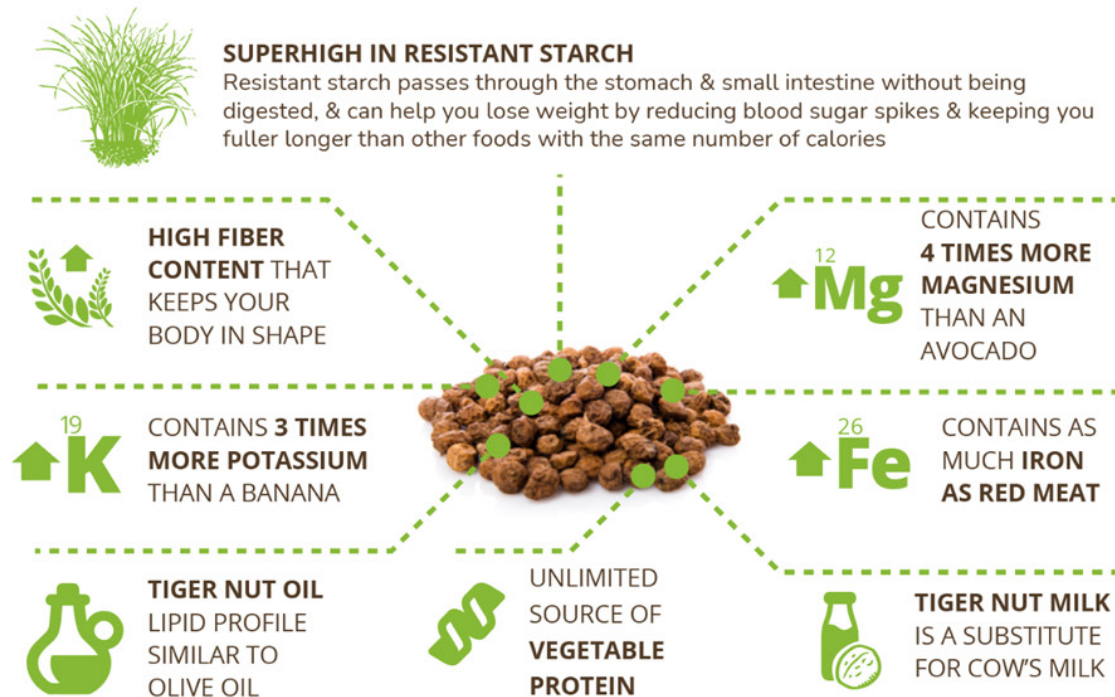
Tigernuts have a history of being used to boost libido. They're used as aphrodisiacs in Ayurvedic medicine. In addition, men in Nigeria have used tiger nuts for generations to treat erectile dysfunction & increase sperm count.



HELPS US CONNECT WITH MOTHER EARTH

Tigernuts are grown respecting nature and in a sustainable way. Eating gives us a feeling of well-being Tigernut.










Why Tiger Nuts are Superfood?



WHOLE TUBER (per 100G):

CALORIES 400 – 500 kcal		Starch 20-25g	
FAT 20-25g		Fibre 24-32g	
Fatty Acid-Omega 6 11-13%		Moisture 5-7%	
Oleic Acid 70-72%		Sugars 18-19g	
CARBOHYDRATES 45-48g		Protein 5-5,5g	
PROTEIN 5.04 g	2 x 🍠 potato (1.97 g)		
POTASSIUM 920 mg	3 x 🍌 banana (358 mg)		
MAGNESIUM 110 mg	4 x 🥑 avocado (29 mg)		
IRON 2.6 mg	3 x 🥩 red meat (0.8 mg)		
CALCIUM 100 mg	2 x 🥦 broccoli (47 mg)		
FIBER 14.5 g	8 x 🍏 apple (1.8 mg)		

Tiger nut Lipid profile

 Production Method: Pressed, Unrefined	 Colour: Yellow 35 Red 0.9	 Saponification value: 192.88	 Unsaponifiable matter: 0.70%	 Specific gravity: 0.92	 Refraction index: 1.465
 Acid value: 0.22%	 Oxidative Stability: 30 hrs	 Iodine value: 87.08			

FATTY ACIDS



Oleic acid

OMEGA 9 - A Non-essential and mono unsaturated radiance boosting fatty acid. It is thought to help prevent cardiovascular diseases as well as multiple sclerosis, and also helps reduce cholesterol and hypertension.



Gadoleic acid

OMEGA 9 - Unsaturated fatty acid with a high absorption power in the skin and can therefore moisturize without a greasy effect.



Palmitic acid

HEXADECANOIC ACID - Saturated fatty acid that provides a skin barrier and an acidic epidermal layer. It has emollient, emulsifying and cleansing properties.



Behenic acid

DOCOSANOIC ACID - An essential saturated fatty acid with excellent skin conditioning properties. Numerous industrial uses include: textiles, Industrial lubricants, hair conditioners and moisturizers. Our oil is a greater source of this acid than peanuts and canola, the most common industrial sources.



Lauric acid

DODECANOIC ACID - A saturated fatty acid and medium-chain triglyceride. It is used in the production of soaps and cosmetics.



Myristic acid

1-TETRADECANOIC ACID



Stearic acid

OCTADECANOIC ACID - Stearic acid helps to remove dirt, sweat and excess sebum from the skin and hair. This makes it a useful ingredient in cleansers, body washes and shampoos as well as bar soaps.



Linoleic acid

OMEGA 6 - An essential fatty acid that helps produce cell membranes. The human body is unable to synthesize this acid and it must be obtained from food.



Palmitoleic acid

OMEGA 7 - An extremely high absorption rate in the skin. Similar to human sebum, it hydrates and strengthens the epidermis without being harsh on the skin.



Arachidonic acid

OMEGA 6 - Polyunsaturated fatty acid that plays a role in constructing immune cells, improving the skin healing process, reducing inflammatory reactions and protecting the cardiovascular system. Purportedly requires Omega 3 for increased effectiveness.



Margaroleic acid

9Z-HEPTADECENOIC ACID



Lignoceric acid

TETRACOSANOIC ACID



Margoric acid

HEPTADECANOIC ACID



Tiger nut Lipid profile

AMINO ACIDS

Arginine acid

Arginine, also known as L-arginine, is involved in a number of different functions in the body. They include wound healing, helping the kidneys remove waste from the body, maintaining immune and hormone function and dilating and relaxing the arteries.

Isoleucine acid

Stabilizes blood sugar levels. They also contribute to (when combined with Leucine and Valine) muscle tissue and muscle repair as well as increasing energy and endurance.

Leucine acid

Lowers elevated blood sugar levels and induces growth hormone production. Combined with Isoleucine and Valine it promotes muscle, bone and skin growth.

Valine acid

Maintains the metabolism of muscles, repairs tissue and maintains a proper nitrogen balance in the body. It also functions as a great energy source for the whole body.

Tryptophan acid

Helps the body to make Niacin (vitamin B3). The body needs niacin to maintain levels of Serotonin and Melatonin. Serotonin and Melatonin are vital for a healthy brain. Serotonin acts as a calming agent and helps control moods and appetite. Melatonin is important for a good night's sleep.

Threonine acid

Aids the body's cardiovascular system, liver, central nervous system and immune system. Threonine also aids skin, collagen, muscle tissue, bones and tooth enamel. It also helps in the digestion of fats to reduce fat build up in the liver.

Lysine acid

Contributes to the production of antibodies, hormones, collagen and enzymes. Lysine also aids in the combat of viruses within the body. Lysine also aids the assimilation of calcium in the body.

Histidine acid

Released into the blood stream during an allergic reaction. It is required for the manufacture of both red and white blood cells. It also helps repair tissue and maintains the myelin sheaths that protect the nerves.

Methionine and Cystine acid

The body readily converts one into the other dependent on the body's needs. Methionine is the body's main source of sulphur. Sulphur is used by the body for skin, hair and nail growth.

Phenylalanine acid

Aids the nervous system and memory. It is also being used to treat Rheumatoid Arthritis, Osteoporosis and speech rigidity in Parkinson's disease. It also aids in reducing pain and inflammation.

STEROLS

0.27%

Cholesterol

0.17%

Brasicasterol

0.06%

24-Metilencolesterol

14.83%

Campsterol

Antioxidant, used in Pharmaceutical supplements

0.17%

Campestanol

15.48%

Stigmasterol

Antioxidant, used as a pre cursor in the manufacture of pharmaceutical hormones

0.84%

D7-Campesterol

5.61%

D7-Stigmasterol

2.55%

D7-Avenasterol

2.95%

D5-Avenasterol

0.82%

Clerosterol

54.67%

Beta-Sitosterol

Anti Oxidant, reduces cholesterol, strong anti-oxidant with purported anti-diabetic properties.

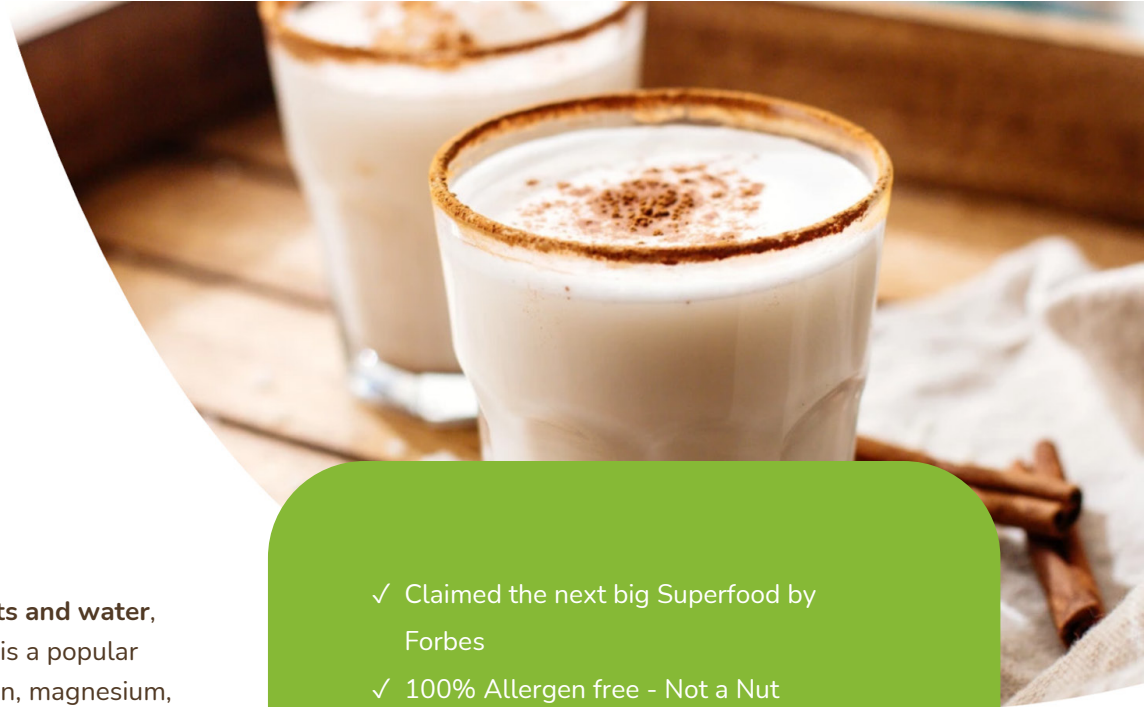
0.62%

Sitostanol

The Tastiest Non-dairy Milk in The Market!

Tigernut milk / Horchata is a delicious drink made with **tigernuts and water**, **lightly sweetened**, and **spiced up with a dash of cinnamon**. It is a popular treat along the Mediterranean coast. Tigernut milk is rich in iron, magnesium, zinc, potassium, calcium and it is a good source of plant-based protein, poly and monounsaturated fats. Tigernuts are high in antioxidants & prebiotics supporting healthy probiotics in the gut. Tigernut milk has lesser carbs, fats and calories compared to oat, soy and cow milk. Compared to Coconut milk, it is not high in saturated fats. Additionally, tigernut milk, free of added sugars and artificial sweeteners, contains more iron and magnesium than cow's milk and can be a quick way to get more of these nutrients in your diet.

- ✓ Claimed the next big Superfood by Forbes
- ✓ 100% Allergen free - Not a Nut
- ✓ High content of Vitamin C, Vitamin B6 & Vitamin E
- ✓ Due to the naturally nutty & sweet taste- it pairs beautifully with coffee!
- ✓ Best to taste compared to all other superfood plant-based milk.



Our brand is defined by:



Innovation

We maintain a progressive mindset and stay up to date on the latest manufacturing trends.



Quality

The standards we follow include nutritional profile, taste, and manufacturing methods. If a product doesn't meet the criteria, we scrap it and start over.



Exceptional customer service

To us, our customers are our number one priority. We work diligently to supply tiger nut products that will enrich your life in every way possible.



Organic & zero chemicals

Our tiger nut products are 100 percent organic. From soil to seal we add no preservatives or any kind of sweeteners or chemicals maintaining that natural taste.



Sustainability

We've seen an increase in sustainability practices and Chufly is proud to join the pack. We only create products that have a positive impact on the environment and consumers.

A food this great should be as **accessible as possible** - that's why Chufly is dedicated to supplying tiger nuts at a **rapid pace**. We have our process down pat, ensuring we always have **product ready to go**. Our delivery times are short, so you don't have to wait too long to get your hands on these delicious tiger nuts.

The Superfood That Saves The Day



TIGER NUT FLOUR

Our tigernut flour is produced through a proprietary small batch milling and sieving process whereby the tigernut tubers are ground to create a fine powder - a method that retains all nutrients. Tigernut flour is a highly functional substitute due to its gluten-free and nut-free properties. Additionally, the naturally sweet flavor of tiger nuts makes this type of flour a perfect ingredient for pastries, including cake, pancake and crepe mixes.

PEELED TIGER NUTS

Peeled tiger nuts are a great addition to cereal, oatmeal, and muesli - they supply a satisfying texture that elevates any bland meal. Plus, the substantial amount of prebiotic fiber keeps you full throughout the day.



Tigernuts are committed to helping people have a better overall diet and to help them eat less sugar!

ALL NATURAL

All natural ingredients, sugar free and nothing artificial.

DAIRY-FREE

Dairy and gluten-free. Perfect for plant-based diet / dairy-reducing consumers

VEGAN

A vegan product that tastes naturally sweet!

SUITABLE FOR DIABETICAS

GUT HEALTH

High in Fibre!

SUSTAINABLE

Plastic free compostable packaging.

AFFORDABLE PREMIUM

Our peeled and raw products are on par with the nut market overall however there is a premium for our flour as it has so many extra benefits including that great resistant starch!

TIGERNUT FLOUR

Energy	475 Calories
Fibre	14g Fibre
Vitamins	Iron, Vitamin E
No nuts, No gluten, Paleo Diet, Good source of resistant starch, Naturally sweet flavor.	



ALMOND FLOUR

Energy	615 Calories
Fibre	8g Fibre
Contains nuts, No gluten, Nutty flavor, Paleo diet	



WHEAT FLOUR

Energy	332 Calories
Fibre	10g Fibre
No nuts, Gluten is present, Wheaty flavor	



COCONUT FLOUR

Energy	352 Calories
Fibre	42g Fibre
Contains nuts, Contains Gluten, Coconut taste	



Nutritional data per 100g

PEELED TIGERNUT

Energy	403 Calories
Fat	24g Fat
Fibre	12g Fibre
Vitamins	Iron, Vitamin E



WALNUTS

Energy	688 Calories
Fat	69g Fat
Fibre	3.5g Fibre
Vitamins	Vitamin E
Does not contain Iron	



CASHEWS

Energy	553 Calories
Fat	44g Fat
Fibre	3.3g Fibre
Does not contain Vitamin E or Iron	



PISTACHIOS

Energy	311 Calories
Fat	31g Fat
Fibre	3.3g Fibre
Does not contain Vitamin E or Iron	



Raw Tigernut 300g	
MOQ	2 cartons (24 pouches per carton)
RRP	2.95
RWP	2
Size of master carton	24 pouches per carton
Type of packaging material and type	Compostable/pouch
Dimensions	178mmW x 268mmH + 46/46mmBG
Number of facings	2
Height in mm	178
Width in mm	268
Depth in mm	46
Recycling percentage	100%
Shelf life	1 year
Serving size	300g
Cadmium	Less than 50%
Suppliers	PSA
Lead Limit	Test results?
Seed coat residue <1%	Comply
Humidity <10%	Comply
Oxygent content <1%	Comply
Material Thickness (microns)	130
Gluten free (max 20mg gluten /kg)	Comply
Certified organic agriculture	Comply
Not treated with ionzing radiation	Comply
No fumigation along supply chain	Comply
Packed under protective atmosphere	Comply

Raw Tigernut

Tigernuts in the most authentic form.
 Rich in nutrients such as fiber and vitamin E along with a host of other nutritional benefits!
 These nuts are believed to aid digestion and improve overall health.

NUTRITION INFORMATION	
Typical values per 100g	
Energy	2,075kJ / 496kcal
Fat	25kg
of which saturates	7g
Carbohydrates	55g
of witch sugars	25g
Fibre	12g
Protein	7g
Salt	0.06g



	Raw Tigernut 300g	Peeled Tigernut 300g
MOQ	2 cartons/ 24 pouches per carton	2 cartons/ 24 pouches per carton
RRP	1.89	2.95
RWP	1.25	2
Size of master carton	24 pouches per carton	24 pouches per carton
Type of packaging material and type	Compostable/pouch	Compostable/pouch
Dimensions	140mmW x 214mmH + 33/33mmBG	178mmW x 268mmH + 46/46mmBG
Number of facings	2	2
Height in mm	140	178
Width in mm	216	268
Depth in mm	33	46
Recycling percentage	100%	100%
Shelf life	1 year	1 year
Serving size	125g	300g
Cadmium	Less than 50%	Less than 50%
Suppliers	PSA	PSA
Lead Limit	Test results?	Test results?
Seed coat residue <1%	Comply	Comply
Humidity <10%	Comply	Comply
Oxygent content <1%	Comply	Comply
Material Thickness (microns)	130	130
Gluten free (max 20mg gluten /kg	Comply	Comply
Certified organic agriculture	Comply	Comply
Not treated with ionizing radiation	Comply	Comply
No fumigation along supply chain	Comply	Comply
Packed under protective atmosphere	Comply	Comply

Peeled Tigernut

Our peeled tigernuts are much softer and easier to chew. They should be consumed as more of a snack when you’re feeling a bit peckish!

Peeled tigernuts are much more nutritional than your average nut as shown on the previous table.

Our Peeled Tigernuts are organic certified, Non-GMO and gluten free and are supplied in vacuum packaging to preserve their nutritional properties and quality for an extended period as may be required by our clients.

NUTRITION INFORMATION	
Typical values per 100g	
Energy	2,075kJ / 496kcal
Fat	25kg
of which saturates	7g
Carbohydrates	55g
of witch sugars	25g
Fibre	12g
Protein	7g
Salt	0.06g



	Tigenut Flour 250g	Tigenut Flour 500g
MOQ	2 cartons/ 24 pouches per carton	2 cartons/ 24 pouches per carton
RRP	7.42	11
RWP	5	7.45
Size of master carton	24 pouches per carton	24 pouches per carton
Type of packaging material and type	Plastic/ Stand up pouch	Plastic/ Stand up pouch
Dimensions	178mmW x 268mmH + 46/46mmBG	174mmW x 243mmH + 45/45mmBG
Number of facings	2	2
Height in mm	178	174
Width in mm	268	243
Depth in mm	46	45
Recycling percentage		
Shelf life	1 year	1 year
Serving size	250g	500g
Cadmium	Less than 50%	Less than 50%
Suppliers	PSA	PSA
Lead Limit	Test results?	Test results?
Seed coat residue <1%	Comply	Comply
Humidity <10%	Comply	Comply
Oxygent content <1%	Comply	Comply
Material Thickness (microns)	124	124
Gluten free (max 20mg gluten /kg	Comply	Comply
Certified organic agriculture	Comply	Comply
Not treated with ionzing radiation	Comply	Comply
No fumigation along supply chain	Comply	Comply
Packed under protective atmosphere	Comply	Comply

Tignernut Flour

Tignernut flour is an excellent source of resistant starch, because of its content unlike most flours it is suitable for people with allergies to nuts and wheat, making it an ideal candidate to replace everyday flour so that everyone can enjoy the meal.

This universal option caters to all meeting the criteria for paleo, keto, gluten free and vegan lifestyles.

Resistant starch promotes prebiotic growth and supports a healthy immune and digestive track. It can also lower blood glucose levels and improves insulin sensitivity.

NUTRITION INFORMATION	
Typical values per 100g	
Energy	2,075kJ / 496kcal
Fat	25kg
of which saturates	7g
Carbohydrates	55g
of witch sugars	25g
Fibre	12g
Protein	7g
Salt	0.06g

