



katie's



**PURE &
NATURAL**

ORGANIC COCONUT OIL | ORGANIC EXTRA VIRGIN COCONUT OIL
COCONUT MILK | COCONUT BUTTER





About Us

Katie's is a well creditable company exports organic, fare trade foods under our own brand. We are highly passionate about providing natural products to the market. We believe in a business with social commitment. We are very choosy when it comes to selecting products to put forward in global market. Our products have NOP, NPOP, FAIR TRADE, FSSAI, JAIVIK BHARAT, ISO AND HACCP certifications.

Our Vision

Our vision is to become the best organic product exporter and leading brand in providing quality products to our domestic and global customers.

We are wholesale and retail suppliers of exported premium quality whole spices and ground spices.





Organic Coconut Oil

Organic Coconut oil is extracted from sun dried organic coconuts. Coconut oil is widely marketed as a superfood. The unique combination of fatty acids in coconut oil may have positive effects on your health, such as boosting fat loss, heart health, and brain function.

Nutrition Information per 15ml

	% Daily Value*
Total Fat	14g
Saturated Fat	13g
Trans Fat	0g
Polyunsaturated Fat	0.5g
Monounsaturated Fat	1g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	0g
Protein	0g

Available in

100ml, 250ml, 500ml, 1000ml in PET & Glass bottles We can also supply in 25/50/100/200 Ltrs Drums

-  **Contains Healthy Fatty Acids**
-  **Boost Heart Health**
-  **May Encourage Fat Burning**
-  **Have Antimicrobial Effects**
-  **Reduce Hunger**
-  **Raise HDL (good) Cholesterol**
-  **Protects Your Skin, Hair And Teeth**
-  **Boost Brain Function**



Organic extra virgin coconut oil

Good Fat's Organic Extra Virgin Coconut Oil is produced by cold pressing the finest quality coconuts that are not more than 5 months old from harvest and are ethically sourced from Fair Trade and organic certified farms in and around Pollachi, Tamil Nadu. It is extracted from the coconut milk by a centrifuge process that separates the milk and oil in its purest form, without any artificial agents. It is rich in flavour, very versatile and proven to have excellent health benefits. Organic Extra Virgin Coconut oil is widely marketed as SUPERFOOD

Nutrition Information per 100g

	% Daily Value*
Energy	3700kj
Protein	0.2g
Fat Total	99.92g
Saturated	94.62g
Monounsaturated	4.53g
Polyunsaturated	0.77g
Trans	0.0g
Lauric Acid	48g
Caprylic Acid	10.0g
Myristic Acid	18.9g
Capric Acid	6.5g
Carbohydrates	0.0g
Sugar	0.0g
Dietary Fiber	0.0g
Sodium	2.2g
Gluten	0.0g



Contains Healthy Fatty Acids



Boost Heart Health



May Encourage Fat Burning



Have Antimicrobial Effects



Reduce Hunger



Raise HDL (good) Cholesterol



Protects Your Skin, Hair And Teeth



Boost Brain Function

Available in

100ml, 250ml, 500ml, 1000ml in PET & Glass bottles We can also supply in 25/50/100/200 Ltrs Drums



Organic Coconut Milk

Organic Coconut Milk is a white, milky substance extracted from the flesh of mature coconuts. It can benefit health in several ways, such as by stimulating weight loss and lowering cholesterol.

Coconut milk has gained popularity in the healthcare community and as an alternative to dairy milk.

Nutrition Information per 15ml

	% Daily Value*
Total Fat	12g
Saturated Fat	10g
Trans Fat	0g
Cholesterol	0mg
Sodium	15g
Total Carbohydrate	1g
Dietary Fiber	0g
Sugars	1g
Protein	0g

Available in

200ml, 400ml, in Aluminium tins



Weight loss

Coconut milk contains medium-chain triglycerides (MCTs), which researchers have linked with weight loss.



Heart Health

Research has linked diets rich in saturated fat with high cholesterol and an increased risk of heart disease.



Boots immune system

Coconuts contain a lipid called lauric acid, and many researchers believe that lauric acid can support the immune system.

Coconut milk can go well in

- **Cereal.** Try replacing traditional dairy milk with coconut milk.
- **Smoothies.** Use coconut milk in any smoothie, or try this recipe for a healthful, green coconut milk smoothie.
- **Soups.** Substitute coconut milk as a base for any creamy soup.
- **Oatmeal.** Use coconut milk as the liquid in oatmeal.
- **Used in chicken curry and many Asian cooking**



Organic Coconut Butter

Organic Coconut butter is a rich spread made from dried coconut it is an excellent source of healthy fats .Organic Coconut butter is also rich in minerals including potassium, phosphorus, and magnesium.

Nutrition Information per 15ml

	% Daily Value*
Total Fat	18g
Saturated Fat	16g
Trans Fat	0g
Cholesterol	0mg
Sodium	10mg
Total Carbohydrate	7g
Dietary Fiber	5g
Sugars	0g
Protein	2g

Uses of Organic Coconut Butter

- Drizzle Coconut Butter on fresh fruit
- Make an egg free mayonnaise
- Spread it on the pancakes
- Use it as dairy free coffee cream
- use it to stir fry



Contains Healthy Fatty Acids



Boost Heart Health



May Encourage Fat Burning



Have Antimicrobial Effects



Reduce Hunger



Raise HDL (good) Cholesterol



Protects Your Skin, Hair And Teeth



Boost Brain Function

Available in

200 grams Glass jar

OUR PRODUCTS

GROUND SPICES

- TURMERIC POWDER
- CORIANDER POWDER
- BLACK PEPPER POWDER
- CRUSHED BLACK PEPPER
- GINGER POWDER
- DESSICATED COCONUT POWDER

WHOLE SPICES

- GREEN CARDAMOM
- BLACK PEPPER
- MACE FLOWER
- NUTMEG
- CLOVE
- CEYLON CINNAMON
- CASSIA ROLL
- CASSIA BARK
- CUMIN SEEDS!
- FENNEL SEED

TEA

- GOLDEN PREMIUM TEA
- MUMBAI KADAK TEA
- ASSAM SPECIAL
- CARDAMOM TEA
- GINGER TEA
- ORTHODOX TEA



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