

BFC

BIO FERMENTED OF CASSAVA FLOUR
Free Gluten and Low Protein



INDONESIA

Produced By Small Medium Enterprise

BOOK OF RECIPE



INGREDIENT

1. BFC Flour	: 5 Tablespoon
2. Water	: 1.250 MI
3. Powder Milk	: 3 Tablespoon
4. White Suger	: 15 Tablespoon
5. Salt	: ½ Teaspoon
6. SP	: ½ Tablespoon
7. Vanila Powder	: 2 Tablespoon
8. Egg Yolk	: 1 Pc

INSTRUCTION

1. Put the liquid milk and granulated sugar into a cooking pot over low heat while stirring constantly until it boils.
2. While waiting for the milk and sugar that was cooked earlier to boil, dissolve the cornstarch with 5 tablespoons of the milk that was being cooked until it dissolves, and dissolve the powdered milk with 3 tablespoons of milk until it dissolves too.
3. Enter the BFC flour solution and powdered milk solution into the milk that has been boiling earlier then stir continuously until it thickens and boils
4. Then, turn off the stove, let the ice cream mixture stand for about 1 minute then add the beaten egg yolks and stir quickly until evenly distributed.

1.BFC- ICE CREAM

5. After the egg yolks have been thoroughly mixed, let stand for about 10 minutes then transfer to another container and put in the freezer until it freezes for about 8 hours
6. After the ice cream freezes, remove it from the freezer, wait about 5 minutes, then crush the ice cream mixture
7. Steam for the SP, then mix it into the ice cream mixture that was crushed earlier then mix until the ice cream mixture expands. at this step, we can enter the topping according to taste. for example: cheese, oreo, waffle or something else"
8. Put the ice cream mixture back into the freezer until it freezes completely. After that, the ice cream is ready to be served.

2.BFC- PIE BROWNIES

INGRIDIENT

a. Ingredients for Making Pie Skin

- | | |
|----------------|----------|
| 1. BFC Flour | : 200 gr |
| 2. Margarin | : 150 gr |
| 3. White Sugar | : 50 gr |
| 4. Egg Yolk | : 1 Pc |

b. Brownies Ingredients

- | | |
|-------------------------|----------|
| 1. Margarin | : 50 gr |
| 2. Dark Chocolate | : 100 gr |
| 3. minyak goreng | : 20 ml |
| 4. telur | : 2 pc |
| 5. gula pasir (blender) | : 120 gr |
| 6. Tepung BFC | : 100 gr |
| 7. cokelat bubuk | : 30 gr |
| 8. chocochips taburan: | 50 gr |

INSTRUCTION

1. Pie skin: mix mocaf flour, margarine, powdered sugar, egg yolks, stir with a fork until grainy, continue to stir until it can be formed.
2. Form the dough in a pie pan that has been smeared with thin margarine. Then prick the surface with a fork then oven 180'C 15 minutes (1/3 cooked).



3. While waiting for the pie dough to be baked for the brownie dough, heat the DCC, margarine, cooking oil until the DCC dissolves, turn off the heat.
4. Mixer eggs and sugar until smooth, add melted DCC, beat well. Add mocaf flour and cocoa powder, low speed mixer until smooth.
5. Pour the brownie batter over the previously baked pie shell, sprinkle with chocochips.
6. Bake again at 180'C for 30 minutes or until cooked. Mocaf Flour Brownies Pie is ready to be served.

3.BFC-BOLU PANDAN

INGREDIENT

- | | |
|------------------|------------------|
| 1. Egg | : 4 butir |
| 2. White Sugar | : 150 gr |
| 3. SP | : 1/2 Tablespoon |
| 4. Vanili Powder | : 1 Tablespoon |
| 5. BFC Flour | : 200 gr |
| 6. Milk Powder | : 3 Tablespoon |
| 7. Cocoa Liquid | : 65 ml |
| 8. margarin | : 50 gr |
| 9. pasta pandan | : ½ Tablespoon |



INSTRUCTION

1. Heat the baking pan over low heat. Grease the base with margarine.
2. Sift flour and milk powder, set aside. Mixer at high speed: eggs, sugar, sp, and vanilla until thick and fluffy.
3. Lower the speed to a low number. Add flour and milk powder gradually. Mix well. Low mixer assisted with a spatula.
4. Continue to add coconut milk. Keep stirring. Add margarine and pandan paste. Stir well. Turn off the mixers.
5. Pour into the baking pan, toppings may be added according to taste. Bake over medium heat for about 25 minutes.
6. Remove and serve.

INGRIDIENT

1. BFC Flour : 200 gr
2. Rice Flur : 25 gr
3. Tapioca Flour : 25 gr
4. Water : +/-150 ml
5. Garam & penyedap : Secukupnya
6. Egg : 1 butir
7. margarin : 2 sdm
8. Minyak : untuk menggoreng
9. tepung beras : 25 gr , untuk mencampur

INGRIDIENT RAGOOUT

1. Carrot : 2 Pcs , cut in to small cube
2. Sweet Potato : 2 Pcs , cut in to small cube
3. chicken breast : 100 gr (Minced)
4. Onions : 1 cloves, coarsely chopped
5. Garlic : 4 cloves, coarsely chopped
6. Salt & Flavouring : Enought
7. Pepper Powder : Enought
8. Water : 250 ml
9. Fiber crème : 2 Tablespoon
10. BFC Flour : 2 Tablespoon
11. Oil for sautéing
12. Chives : 1 Stem, Finely Sliced

4.BFC- PASTEL RAGOOUT AYAM**INSTRUCTION :**

1. For the filling, sauté the onions and garlic until fragrant.
2. Add chopped chicken and sweet potato along with carrots, stir well.
3. Add water, salt, mushroom seasoning, and pepper.
4. Add the finely chopped green onions.
5. Then add fibercreme and mocaf flour, stir well until the water dries up and thickens. Remove and set aside.
6. Mix all the ingredients for the pastel skin then knead. If it's still soft, add 25 grams of rice flour, knead until it doesn't stick to your hands.
7. Round shape then flatten, and fill with stuffing.
8. Fry over medium heat tends to be small so that the flour mixture is cooked evenly.
9. When it is golden yellow, remove and serve with chili sauce or cayenne pepper.

5. BFC -DORAYAKI (Adzuki Bean Pancake Dessert)

INGRIDIENT

1. Yeast/sourdough starter : 60 gram
2. Coconut water : 40 gram
3. Chicken eggs : 2
4. Pure honey : 60 gram
5. Wheat Flour : 65 gram
6. BFC flour : 65 gram
7. Cinnamon powder : 1/8 sdt
8. Salt : Enough
9. Vegetable oil : 10 gram



INSTRUCTION :

1. Dissolve the starter in the coconut water, then add the eggs and honey. Whisk until smooth.
2. Sift the dry ingredients: flour, mocaf, cinnamon powder, and salt into the wet mixture, whisk well, add 10 grams of vegetable oil, mix well again.
3. Wrap or cover with a napkin, let stand 3.5 hours.
4. Heat a non-stick pan, medium heat tends to be small. Pour 1 spoon of vegetable mixture when the pan is hot.
5. Flip when there are a lot of bubbles, after turning it over, cook for a while, then remove.
6. Take 1 pancake sheet then fill it according to taste, cup it, serve it.



6. DONUT

INGRIDIENT

- | | |
|----------------------|----------------|
| 1. Wheat Flour | : 250 gram |
| 2. BFC Flour | : 250 gram |
| 3. White Sugar | : 3 Tablespoon |
| 4. Instant Yeast | : 1 Teaspoon |
| 5. Egg | : 2 Pcs |
| 6. Water | : 80-90 ml |
| 7. Butter (margarin) | : 2 Tablespoon |
| 8. Salt | : 1/2 Teaspoon |

INSTRUCTION

1. Put flour, mcaf, sugar and yeast into a bowl.
2. Add eggs, stir until smooth while adding water slowly while paying attention to the consistency of the dough.
3. Add butter and salt, stir again until all ingredients are blended and smooth. Cover with a napkin, let the dough rest for ± 1-2 hours.
4. Cover the work surface with flour, pour the dough onto the work surface and round it. Divide the dough according to taste, shape.
5. Heat the oil, fry the donuts that have been formed in hot oil over low heat. Just flip it once so it doesn't absorb too much oil.



INGRIDIENT A

1. Egg Yolk : 4 Pcs
2. Cooking Oil : 45 ml
3. Coconut Milk : 65 ml
4. Salt : 1/2 Teaspoon
5. Vanili Powder : 1/2 Teaspoon
6. BFC Flour : 75 gram
7. Backing Powder : 1/2 Teaspoon
8. White Coffe : 1 Pack
9. Pasta mocca : Enough

INGRIDIENT B

1. White Egg : 4 Pcs
2. Sugar : 100 gram
3. Lime Just : 1 Tablespoon
4. Enough butter or jam according to taste

INSTRUCTION

1. Mix dry ingredients: BFC flour, vanilla, baking powder, white coffee. Sift. Set aside. In a separate place, mix the oil and coconut milk. Stir well.
2. Beat the eggs with a whisk until well blended. Enter the liquid ingredients. Stir until well mixed.

7. BFC - MOCA MOCAF ROLL CAKE

3. Gradually add the dry ingredients to the egg mixture. Add mocha paste. Stir until well mixed
4. Beat the egg whites, if it's frothy add the lemon juice. Add sugar gradually while continuing to mix until soft peaks.
5. Bake at 170 °C for 40 minutes. Once cooked, take it out. Wait a little warm. Brush with butter cream/jam (I use both)
6. Roll the cake and wait for at least 1 hour to set before cutting. The cake is ready to be served. It can also be packaged as a gift

8.BFC - PUTU AYU

INGREDIEN

1. BFC Flour : 150 gram
2. Egg : 3 butir
3. Sugar : 150 gram
4. Coconut Milk : 150 ml
5. SP : 1 Teaspoon
6. Salt : 1/4 Teaspoon
7. Pasta Pandan : 1/2 Teaspoon
8. to taste, steamed with a pinch of salt

INSTRUCTION

1. Beat the eggs, sugar and SP with a mixer until stiff whites have a trace.
2. Add the mocaf flour to the egg mixture while stirring gently until smooth.
3. Add coconut milk and pandan paste. Stir well.
4. Heat the steamer.
5. Pour the mixture into the putu ayu mold that has been smeared with oil and filled with grated coconut at the bottom.
6. Steam the putu ayu cake for about 20 minutes until cooked.
7. After the cake has cooled, remove it from the mold and serve.



INDIGRIENT**NASTAR**

1. Margarin : 200 gram
2. Butter : 100 gram
3. White Sugar : 100 gram
4. Egg Yolk : 4 Pcs
5. BFC Flour : 450 gram
6. Wheat Flour Low P : 150 gram
7. Milk Powder : 30 gram
8. Cornstarch : 30 gram

PINEAPPLE JAM

1. Pineapple jam : 4 Pineapple, peeled and grated
2. Cloves : Enough
3. Cinnamon : 2 Stick
4. White Sugar : 500 gram

OILED FORM : 2 egg yolks, 1 tb SP sweetened condensed milk
1 tbsp boiled

INSTRUCTION

1. **Pineapple jam:cook** grated pineapple on the stove over low heat. Add all the jam ingredients. Stir and cook until the water reduces. Lift. Let the jam cool. Pineapple jam is ready to use.

9. BFC - NASTAR

1. Beat margarine, butter and powdered sugar until well blended. Enter the egg yolks, beat until white. Masukkan tepung, susu bubuk, dan maizena. Aduk rata menggunakan spatula.
2. Add flour, milk powder, and cornstarch. Mix well using a spatula.
3. Roll out the dough, shape according to taste. Flatten the dough. Fill with pineapple jam and shape according to taste. Place in a baking dish that has been smeared with margarine.

4. Bake in the oven at 150 degrees Celsius until half cooked for 15 minutes. The duration varies according to each nastar maker's oven.
5. Remove from the oven. Wait for it to cool so that the nastar is shiny. Grease with oil. Bake again in the oven at 120 degrees Celsius. The temperature should not be too high so that the spread does not break.
6. Remove the nastar from the oven once it is cooked and golden in color. Wait until the texture of the nastar is solid and the steam is gone. Then serve or put in jars.

10. BFC -ICE CREAM + POP ICE

INGRIDIENT:

- | | | |
|----------------|---|---------------|
| 1. BFC Flour | : | 5 Tablespoon |
| 2. Water | : | 1 Liter |
| 3. Milk Powder | : | 3 Tablespoon |
| 4. Liquid Milk | : | 370 gram |
| 5. White Sugar | : | 15 Tablespoon |
| 6. Salt | : | ½ Teaspoon |
| 7. SP | : | ½ Tablespoon |
| 8. POP ICE | : | 2 Pack |

(Various flavors of POP ICE: Strawberry, Chocolate, Durian, Grape, Guava, Lychee, Melon)

**INSTRUCTION:**

1. Mix ; BFC flour, salt, granulated sugar, powdered milk, milk, 1 liter of water. Cook and stir until thickened.
2. Cool the dough and put it in the freezer for 8 hours
3. Do Steaming/Steam SP, let it cool down
4. The frozen ICE Cream dough is mixed with SP and POP ICE (taste according to your preference), then mixed with a mixer until fluffy.
5. Put the ICE CREAM mixture back into the Freezer machine until it's frozen.



11. BFC - CARAMEL

INGRIDIENT 1 KARAMEL

1. White Sugar : 200 gr
2. Hot Water : 200 ml
3. Brown Sugar : 50 gr

INGRIDIENT 2

1. BFC Flour : 15 gram
2. Tapioca Flour : 60 gram
3. Rice Flour : 40 gram
4. Baking Soda : 1/4 Teaspoon
5. Egg : 2 Pcs
6. Margarin Liquid : 50 gram

INSTRUCTION

1. Heat the sugar over low heat until it melts. (Don't let it burn)
2. Add hot water carefully, because it will immediately foam. Stir until the caramel dissolves.
3. Add 50 gr of sugar. Stir until the sugar dissolves. Remove and chill.
4. Mix and sift the flour ingredients. Beat eggs until frothy. Add flour mixture gradually.



5. Add the flour alternately with the caramel solution, stir until there are no lumps. (I filter it with a wire strainer)Masukkan margarin leleh. Aduk rata. Adonannya encer
6. Add melted margarine. Stir well. The dough is runny
7. Pour into a baking sheet that has been smeared with margarine. Bake at 170°C for 40 minutes. (Adjust the temperature according to each oven)
8. Do a prick test and a touch test. When it is cooked remove and cool on a cooling rack. Cut and serve.

INGRIDENT

1. medium-sized eggs : 3 Pcs
2. Sugar : 50 gr
3. Emulsifier : 1/2 Teaspoon
4. vanilla powder : 1/2 Teaspoon
5. BFC flour : 50 gr
6. Cornstarch : 1 Teaspoon
7. Powdered milk : 1 Teaspoon
8. Margarine, melt it : 50 gr
9. cooking oil : 25 gr
10. Chocolate/mocha paste: 1 Teaspoon

INSTRUCTION

1. Preheat the oven to 180 degrees Celsius
2. Prepare a loaf pan, brush with margarine
3. Mix mocaf flour, cornstarch and powdered milk. Sift and set aside
4. Beat eggs, sugar, emulsifier and vanilla. Add the sifted flour mixture. Beat until fluffy and thick with traces (all in one method)
5. Mix melted margarine and cooking oil, pour little by little into the mixture. Do the back-stir technique

12.BFC - BOLU MARMER

6. Take 4 tablespoons of dough, add chocolate paste. set aside.
7. Pour the white mixture into the pan, then pour the chocolate mixture with a spoon a few drops on top of the white dough. Make motifs with skewers or a fork.
8. Bake for 30-45 minutes. Do a skewer test and touch test to check for doneness
9. After it's cooked, immediately remove it from the tin so that the cake doesn't shrink

INGREDIENT

1. BFC flour : 100 grams
2. white rice flour : 35 grams
3. Tapioca flour : 20 grams
4. Cornstarch : 20 grams
5. Egg : 1 Pc
6. Water : 100 ml
7. Sugar : 40 grams
8. sesame seeds : 1 tsp (teaspoon)
9. cinnamon powder : 1 tsp (teaspoon)

OTHER INGREDIENTS

1. Margarine : 1 tbsp (Tablespoon)
2. bananas or strawberries according to taste
3. honey or jam to taste

INSTRUCTION

1. Mix all the dough ingredients together. Stir well until there are no lumps.
2. Melt the margarine in a non-stick skillet.
3. Take 1 ladle of mixed vegetables, bake in a skillet until cooked on both sides.
4. Do this until all the dough ingredients are used up.
5. Serve pancakes with fruit or jam and honey according to taste.



INGREDIENT

1. BFC flour : 250 grams
2. Cornstarch : 120 grams
3. Rice flour : 130 grams
4. Tapioca flour : 20 grams
5. Powdered milk : 30 grams
6. Sugar : 80 grams
7. instant yeast : 20 grams
8. Eggs : 2 Pcs
9. Boiled water : 250 ml
10. Vegetable oil : 40 ml

INSTRUCTION

1. Preheat the oven to 200°C for 10 minutes.
2. Prepare a baking sheet for white bread, brush with margarine then sprinkle a little flour to coat.
3. Mix all flour ingredients, sift. Add powdered milk and instant yeast, mix well.
4. Mix eggs with sugar, beat until sugar dissolves. Pour into the flour little by little while stirring or mixing.
5. Pour the water little by little while continuing to stir. Pour in oil, stir again.
6. Pour the batter into the tin, stomping so that no air is trapped and the surface is flat. Bake for 35-45 minutes. Prick test to determine doneness.
7. When it is cooked and fluffy, remove from the oven and let it cool completely. Remove from tin.
8. Gluten-free plain bread is ready to be enjoyed, you can spread a variety of toppings according to taste.

13.BFC – WHITE BRAD

INGREDIEN

1. BFC flour : 1.5 kg
2. Tapioca flour : 300 gr
3. Water : ±300 ml
4. garlic powder : 2 Teaspoon
5. Salt : Enough
6. Natural food coloring : Enough

INSTRUCTION

1. Mix BFC Flour and Tapioca Flour, add garlic powder and salt, stir until well blended. Add a little tapioca flour, knead well. Pour in enough water gradually. Mix until it becomes a dough that can be shaped, taste correction.

**14.BFC – KERUPUK CRISPY**

2. Shape the dough like a block (preferably not too big, so that it cooks quickly and evenly). Prepare a pot of water, then bring it to a boil. After boiling, add the mixture that was formed earlier (Note: when boiling, use a large pot so that the cassava blocks don't coincide, and let it cook evenly).



3. This is the second recipe, the dough block base with banana leaves. The goal is that spies don't stick to each other. (no need to roll/wrap it tightly, just close it, so it doesn't stick to each other)



4. Boil until it floats. Leave it for a while until it's really cooked to the inside. And look at the results. Very smooth



5. Boil until it floats, leave it for a while so that it cooks evenly to the inside. Lift and drain. Allow a few moments to cool. Then brush the surface of the block with dye. (I'm green, red and some of the lg are left without coloring). Store in the refrigerator ± a day and night (until hardened and can be cut).



6. Slice the cassava sticks thinly. Then dry in the sun until completely dry (for 2 days). Store in a closed container



7. Fry in hot oil over low heat.



15.BFC – NATURAL BREAD

INGREDIENT

1. BFC flour : 45g
2. hunkwe flour : 40g
3. cornstarch : 40g
4. Powdered milk : 15g
5. Coconut Milk : 10g
6. Sugar : 40g
7. Instant yeast : 10g
8. Baking powder : 5g
9. Salt : 4g
10. Apple cider vinegar : 4g
11. water : 250g
12. Egg : 250g
(skip and add water 50g if you're vegan)
13. soybean oil + extra for greasing the tin : 20g
14. Vanilla water : 1 Teaspoon
For brushing on the surface of the bread (1 Teaspoon of vanilla extract mixed with enough water)



INSTRUCTION

1. Preheat the oven below 250°C and above 170°C
2. Grease a 22 x 8 x 6 tin with oil/margarine.
3. Put all the dry ingredients in a bowl, and mix well.
4. Add water, eggs, and apple cider vinegar, and stir again.

5. Add vegetable oil, and stir again for 5 – 6 minutes.Tambahkan air, telur dan cuka apel, aduk lagi.
6. Turn off the mixer, rest the dough 3-4 minutes then put it in the pan and let it rise 1½ times for about 15-18 minutes. Spray the surface with vanilla water so it doesn't dry, then cover with a damp cloth.
7. Bake 30-40 minutes

16.BFC – Tortillas

INGRIDIEN

1. BFC flour : 250 gr
2. Salt : 1/2 sdt
3. Baking powder : 1/2 sdt
4. Cooking oil : 3 sdm
5. Warm milk : 100 ml

INSTRUCTION

1. Mix the warm milk into the flour that has been mixed with salt, baking powder and cooking oil
2. Knead until smooth and let the dough rest for 15 minutes
3. Divide the dough into 8 pcs +- (30 grm)
4. Grind as thin as possible
5. Heat on a kwalik or teflon skillet until lightly browned
6. Ready to use.. for the filling, you can use the existing ingredients.. you can use meat for burgers if you don't have kebab meat.



INGRIDEN

1. BFC flour : 60 gr
2. Wheat flour : 125 gr
3. Tapioca Flour : 30 gr
4. Spinach leaf : 75 gr
5. Water : 50 ml
6. counts : 1 btr
7. Salt : 1/4 sdt

INSTRUCTION

1. Wash the spinach leaves in a blender with 50 ml of water, strain. Prepare all the flour + eggs in one bowl.

**17.BFC – SPINACH NOODLE**

2. Add the spinach water to the flour, gradually...used about 90ml...and knead until smooth. rest 10 minutes.



3. Divide the dough into 3. used a manual noodle mill, had time to grind it thinly and broke, I added the mocaf flour and kneaded it again...until it finally became soft spinach noodles.



18.BFC – PUMPKIN COOKIES

INGRIDIENT

1. Margarine (melted) : 113 gram
2. Big egg yolk : 1 grain
3. Steamed pumpkin : 73 gr
4. Walnuts/almonds : coarsely chopped
5. BFC flour : 190 gr
6. Brown sugar : 70 gr
7. granulated sugar : 50 gr
8. kick the ball : 1/2 Teaspoon
9. Baking powder : 1/2 Teaspoon
10. Baking soda : 1/2 Teaspoon
11. Salt : 1/2 Teaspoon



INSTRUCTION

1. Prepare all ingredients. Wash, peel and steam the pumpkin for 20 minutes or until soft and cooked. While warm, mash the pumpkin with a spoon/fork until soft. Set aside until cool/room temperature.



2. Prepare a container/bowl and add sorghum sugar, granulated sugar. Mix with liquid margarine, stir until evenly distributed and the sugar begins to dissolve Add the pumpkin puree/pumpkin that has been mashed then stir again, add the egg yolks, and add a little vanilla extract, stir for a few minutes until everything is evenly mixed.



3. Add the dry ingredients that have been stirred and sifted beforehand, then stir until there are no lumps (stir gently) when it is well blended; at this stage you can add raisins, chocochips, almond slices or others. Mix all the ingredients, then cover with wrap. (I don't use wrap; I put all the dough ingredients in a plastic bag, flatten it neatly.



4. Rest it in the chiller for 45-60 minutes. Before baking, let it sit at room temperature for a while



5. Pre-heat the oven first -/+ 15 minutes (or depending on the condition of each oven) Print the dough with the help of an ice cream scoop/spoon onto a baking sheet that has been given baking paper as the base. (Because I put it in plastic, I cut/divide the dough equally according to the desired number of pieces.



6. Form a circle, flatten it with a fork (or mold it according to the shape you want). Place it on a baking sheet, leave some distance between the dough, because later the cookies will spread.

Add a topping of roasted pumpkin seeds or raisins, etc.



7. Bake at 160°C for 20-25 minutes until set. Set aside until cold, cookies are ready to be enjoyed.

PRODUCT KNOWLEDGE :

BFC (Bio Fermented Cassava) Flour is modified cassava produced in Indonesia, made from cassava or cassava which is soaked using organic enzymes or through a fermentation process with enzymes without additives and produces gluten free flour.

BENEFITS OF BFC FLOUR:

- Its characteristics are good enough to substitute or replace 100% of the use of wheat flour
- Suitable for consumption to support a healthy diet.
- Prevent premature aging
- Prevent menopause
- Smooth digestion
- Regenerate cells
- Safe for consumption by people with diabetes, autism and celiac disease.
- Suitable for a healthy diet program

BFC FLOUR SPECIALTY:

- 100% Gluten Free / Gluten Free.
- 100% High Fiber, Low Glycemic Index, No artificial Color or Flavor.
- Processed strictly and hygienically from selected cassava with organic enzymes
- Berkualitas premium dan tidak berbau

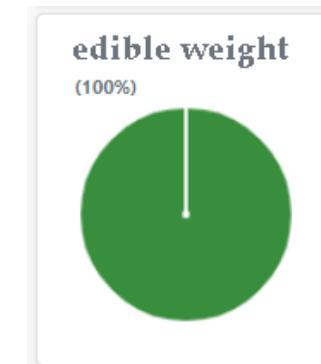
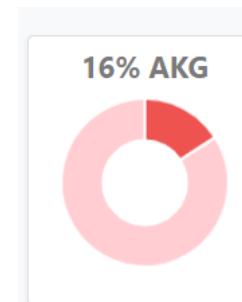
- Premium quality and odorless
- Contains Calcium, Low Glycemic Index, Low Sugar, Rich in Minerals, Carbohydrates, Vitamin C, Protein, Phosphorus and Fiber which are higher than wheat flour
- It contains far more soluble fiber than cassava flour
- It has a higher mineral (calcium) content (58) compared to rice (6) and wheat (16).
- Oligosaccharides which cause flatulence are difficult to hydrolyze.
- Has a flour power equivalent to type II wheat (medium protein content).
- Has a much better and faster digestibility than tapioca flour and cassava flour.



BFC – INFORMATION OF NUTRITION

Per 100 g BDD (Edible Weigh)	% AKG*
Energy	350 kcal
Total fat	0.60 g
Vitamin A	0 mcg
Vitamin B1	0.02 mg
Vitamin B2	0.02 mg
Vitamin B3	0.70 mg
Vitamin C	2 mg
Total carbohydrates	85 g
Protein	1.20 g
Food Fiber	6 g
Calcium	60 mg
Phosfor	64 mg
Natrium	8 mg
Pottassium	403 mg
Cooper	100 mcg
Iron	15.80 mg
Zinc	0.60 mg
B-Carotene	0 mcg
Carotene total	-
Water	11.90 g
Ash	1.30 g

- Percent AKG based on energy needs of 2150kcal. Your energy needs may be higher or lower.
- Percent Daily Values are based on a 2150 calorie diet. Your daily values may be higher or lower depending on your calorie needs

Nutrition Summary**Superior nutrients in this product**

THANK YOU

SBDI CENTER SUPPORTS FOR THE WORLD FOOD SECURITY PROGRAM
UNDER THE UN ORGANIZATION



Joroen Rijnenberg (Netherlands)
Dwi Andrianto Wibowo (Indonesia)
Moses Timothy (Nigeria)
Edward Ndalamwa Mwaba (Zambia)

