



ORGANIC CREAMED COCONUT UNSWEETENED

**REPLACE DAIRY OR COCONUT MILK IN
SAUCES, CURRIES, SMOOTHIES AND MORE...**

SEVING SUGGESTION



**ONLY ONE
INGREDIENT**

NET WT. 6.6 lbs. 3 kg



ORGANIC CREAMED COCONUT UNSWEETENED

Enjoy the wonderful convenience and delicious flavor of Let's Do Organic® Creamed Coconut, the secret ingredient in regional dishes from Thailand to Jamaica.
DIRECTIONS:

- Mix 1 Tbsp Creamed Coconut with 2 Tbsp hot water.
- Stir briskly until fully dissolved. Adjust thickness as desired by adding more or less hot water.
- Add to soups, gravies, casseroles and other favorite dishes towards the end of cooking.

Note: Creamed Coconut will harden in cool temperatures. To soften, simply immerse closed bag in a bowl of hot water for a few minutes.

Organic Creamed Coconut is perfect for Thai sauces and Caribbean stews. Diluted, pour over fresh fruit to make a delicious and "coconutty" sweet treat. Or, simply add Creamed Coconut into a blender with frozen fruit to enhance tropical smoothies! Experiment!

Find delicious coconut recipes at edwardandsonsrecipes.org.

Edward & Sons -
A Family Owned Vegetarian Company Since 1978.

Organic certification prohibits the use of GMOs and other unwelcome ingredients. Choosing organic foods benefits our farmers, our families and our planet.



Nutrition Facts

About 230 servings per container
Serving Size 1 Tbsp (13g)

Amount per serving
Calories 90

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Protein less than 1g	
Vitamin D 0mcg 0%	Calcium 3.3mg 0%
Iron 0.4mg 2%	Potas. 70mg 2%

*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 nutritional advice.

Ingredients: Organic Coconut.

Distributed by:
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Certified organic by QAI
Product of Sri Lanka

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The Coconut People®**
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REFRIGERATE AFTER OPENING