

To make Native Forest® Organic Premium Coconut Cream, we press the meat of fresh organic coconuts, adding only filtered water and a tiny amount of organic guar gum (from organic guar seeds). Premium Coconut Cream imparts rich and creamy goodness to soups, curries, sauces, desserts, beverages and more!

Serving Suggestions: Add to tea or coffee as a plant-based creamer. For dessert topping, chill overnight, spoon solids into a bowl and whip. Top pies, cobblers and puddings.

Optional: Add powdered sugar to sweeten.

See edwardandsonsrecipes.org for tasty recipes.

Refrigerate after opening and enjoy within 4 days.

Shake well. Coconut cream will separate when cold.

For a smoother consistency, warm its container in a bowl of hot water and stir contents well.

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A family-owned, vegetarian company offering Convenience Without Compromise®... since 1978.

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NATIVE FOREST®

ORGANIC COCONUT CREAM

UNSWEETENED PREMIUM



SERVING SUGGESTION

5.4 FL OZ
160 ml

Nutrition Facts

About 5 servings per container
Serving Size 2 Tbsp (30ml)

Amount per serving
Calories 60

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate less than 1g **0%**

Dietary Fiber 0g **0%**

Total Sugars less than 1g

Includes 0g Added Sugars **0%**

Protein 0g

Vit. D 0mcg 0% • Calcium 1.4mg 0%

Iron 0.2mg 2% • Potas. 50mg 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 Cream
(Organic Coconut, Filtered Water,
Organic Guar Gum).

Edward & Sons
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