

REDUCED FAT - FINE SHRED FOR BAKING

GLUTEN FREE



CONTAINS ABOUT 5 CUPS BY VOLUME

LET'S DO ORGANIC

UNSWEETENED SHREDDED COCONUT

100% ORGANIC

REDUCED FAT

36% LESS FAT THAN REGULAR COCONUT

NET WT 8.8 OZ 250g



NO ADDED SULFITES OR PRESERVATIVES

LET'S DO ORGANIC



Convenience Without Compromise®
Store tightly closed bag in refrigerator or freezer and enjoy within six months.
email: custserv@edwardandsons.com

The Coconut People®

Edward & Sons Trading Co., Inc.
Edward, PO Box 1326
Carpinteria, CA 93014 USA
Certified organic by QAI
Product of Sri Lanka

Note: color may vary as this product contains no added sulfites.
Coconut is a gluten free food.
(shredded & dehydrated).

Ingredients:
Organic Coconut (shredded & dehydrated).

Nutrition Facts	
Amount per serving	
Calories 90	
Serving Size 4 Tbsp (16g)	
About 15 servings per container	
Total Fat 7g	9%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 6g	21%
Total Sugars less than 1g	0%
Includes 0g Added Sugars	0%
Protein 1g	
Vit. D 0mcg	0%
Calcium 2mg	0%
Potassium 50mg	2%
*The % Daily Value 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.	

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USDA ORGANIC
Organic certification assures you of sustainable farming practices, which nourish soil, protect biodiversity and provide a premium for farmers. Consistent with our company policy, organic certification prohibits the use of GMOs and other unwelcome ingredients.

See more recipes at edwardandsonsrecipes.org

Coconut Fruit Parfait Makes about 4 servings

Set aside.
1 cup Blueberries
1 cup Blackberries,
1 cup Strawberries,
1 cup sliced
Mango chunks
1 cup Apple juice
1/2 cup Bananas, large
2 tsp Lemon juice
1 cup Let's Do
Organic®
Reduced Fat
Shredded
Coconut
Gently toss all fruits
(except bananas &
shredded coconut)
and apple juice in a bowl. Serve immediately.
In a blender, blend the
bananas and lemon
juice until smooth.
Add the shredded
coconut and blend for
an additional 2-3 minutes
or until extremely light
and creamy.
To assemble the parfaits:
in the bottom of a large
glasses or dessert dishes,
place alternating layers
of the mixed fruit and
banana mixture, ending
with the banana mixture
and a few berries.

On the fertile island nation of Sri Lanka, dedicated farmers tend hundreds of acres of organic coconut palms. Their organic practices enhance biodiversity, conserve water and nurture the ecology of the region.
To create Let's Do Organic® Reduced Fat Shredded Coconut, we manually separate the white meat of fresh organic coconuts from its shell. We shred it into fine strands and press them to extract most of the fat, before slowly drying the organic shredded coconut to achieve a delicate, nutty flavor and airy texture. This is a wonderful ingredient for preparing reduced-fat treats; suitable for vegan, gluten-free, Paleo and other special diets. No sweeteners, preservatives or whiteners are added.

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SERVING SUGGESTION