

UNSWEETENED COCONUT FLAKES

GLUTEN FREE



CONTAINS ABOUT
3 1/2
CUPS
BY VOLUME

Let's Do Organic

UNSWEETENED
COCONUT
FLAKES
100% ORGANIC



NET WT 7 OZ. 200g



NO ADDED SULFITES OR PRESERVATIVES

SERVING SUGGESTION

Let's Do Organic



431821005227

The Coconut People®
Edward & Sons:
Certified organic by GAI
edwardandsons.com
PO Box 1326
Carpinteria, CA 93014 USA
Edward & Sons Trading Co., Inc.
Distributed by:
Note: color may vary as this product
(sliced & dehydrated).
Organic Coconut
Ingredients:
Contains no added sulfites.
Note: color may vary as this product
Distributed by:
Edward & Sons Trading Co., Inc.
Carpinteria, CA 93014 USA
edwardandsons.com
Certified organic by GAI
Product of Sri Lanka
Edward & Sons:
The Coconut People®

Nutrition Facts	
Amount per serving	
Serving Size 2 1/2 Tbsp (15g)	
Calories 100	
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 3.9mg	0%
Iron 0.4mg	2%
Potassium 80mg	2%

USDA ORGANIC

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

See more recipes at edwardandsonsrecipes.org

Cocounty Granola
Makes about 8 servings

3 cups Rolled oats
1/4 cup Whole wheat flour
1/4 cup Let's Do Organic® coconut, cinnamon and almonds in a medium sized bowl. Mix maple syrup, oil and vanilla in a separate bowl.
Combine syrup mixture with oat mixture and stir until evenly coated. Pour mixture onto greased baking sheet and spread to cover evenly. Bake for 30 minutes. Stir and bake another 20-30 minutes until golden brown. Store in airtight container and refrigerate.
Option: Try raisins or dried cherries instead of the almonds.

1 tsp Vanilla
1/3 cup Safflower or sunflower oil
1/2 cup Maple syrup
1/2 tsp Cinnamon
1/2 cup Sliced or chopped almonds
3/4 cup Coconut Flakes
3/4 cup Let's Do Organic® vanilla in a separate bowl.
Mix oats, flour, coconut, cinnamon and almonds in a medium sized bowl. Mix maple syrup, oil and vanilla in a separate bowl.
Combine syrup mixture with oat mixture and stir until evenly coated. Pour mixture onto greased baking sheet and spread to cover evenly. Bake for 30 minutes. Stir and bake another 20-30 minutes until golden brown. Store in airtight container and refrigerate.
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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® Coconut Flakes**, workers carefully separate the rich, white meat from the shells of fresh organic coconuts and slice it into tender, bite-size flakes, which they dry slowly to perfection. Suitable for vegan, gluten free, Paleo and many other special diets, Let's Do Organic Coconut Flakes contain no sweeteners, preservatives or whiteners. They are delicious and versatile ingredients that will enhance your favorite trail mixes, breakfast cereals and baked goods. However you enjoy them, Let's Do Organic Coconut Flakes are sure to become a family favorite!

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