Let's Do Organic®

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® Toasted Coconut Flakes**, workers carefully separate the rich, white meat from the shells of fresh, organic coconuts and slice it into tender flakes. Slow roasting gives the flakes a lovely warm glow and terrific, toasty taste.

Suitable for vegan, gluten free, Paleo and many other special diets, **Let's Do Organic Toasted Coconut Flakes** contain no sweeteners, preservatives or whiteners. Add them to nuts and dried fruits to create wonderful trail mixes. Apply them to pastries and garnish your cakes to deliciously decorate your favorite baked goods. However you enjoy them, **Let's Do Organic Toasted Coconut Flakes** will quickly become a family favorite -Enjoy!

Toasted Coconut Trail Mix

Makes about 10 servings

- 1/2 cup pumpkin seeds
- 1/2 cup sunflower seeds
- 1/3 cup raisins
- 1/2 cup cranberries
- 1 cup Let's Do Organic Toasted Coconut Flakes

Mix ingredients together in a bowl and store in a tightly closed container.

The perfect answer to a satisfying, nutritious and convenient, on-the-go crunchy snack.

Give your trail mix a personal touch by including more of your favorite choices – pine nuts and almonds can be great additions. Try including chocolate chips for a fun and tasty treat.

From sweet to savory, there are hundreds of trail mix combinations to enjoy with **Let's Do Organic Toasted Coconut Flakes.**

See more recipes at edwardandsonsrecipes.org

USDA ORGANIC

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 13 servings per container

Serving Size **3 Tbsp (15g)**

Amount per serving

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	

Vit. D 0mcg 0% • Calcium 4mg 0%

Iron 0mg 0% • Potas. 80mg 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
(sliced, dehydrated & toasted).

Coconut is a gluten free food.

Color may vary as this product contains no added sulfites.

Let's Do Organic® is distributed by:

Edward & Sons Trading Co., Inc.
PO Box 1326
Carpinteria, CA 93014 USA
edwardandsons.com

Certified organic by QAI

Product of Sri Lanka

email custserv@edwardandsons.com

Store tightly closed bag in refrigerator or freezer and enjoy within six months.

Convenience Without Compromise®

Edward & Sons:
The Coconut People®

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Let's Do Organic®

UNSWEETENED TOASTED COCONUT FLAKES

100% ORGANIC

GF GLUTEN-FREE

NET WT 7 OZ 200g

K PAREVE

VEGAN

NO ADDED SULFITES OR PRESERVATIVES

GLUTEN FREE

UNSWEETENED TOASTED FLAKES