

# UNSWEETENED TOASTED FLAKES

**GLUTEN FREE**

**USDA ORGANIC**

CONTAINS ABOUT  
**3 1/2**  
CUPS  
BY VOLUME

**Let's Do Organic**

**UNSWEETENED  
TOASTED  
COCONUT  
FLAKES**  
**100% ORGANIC**



NET WT 7 OZ 200g



**NO ADDED SULFITES OR PRESERVATIVES**

**Let's Do Organic**

VS23CBL\_21



4 3182 00523 4  
**The Coconut People®**  
**Edward & Sons:**  
 Convenience Without Compromise®  
 Store tightly closed bag in refrigerator or freezer and enjoy within six months. email [custserv@edwardandsons.com](mailto:custserv@edwardandsons.com)  
 Product of Sri Lanka  
 Certified organic by GAI  
 edwardandsons.com  
 Carpinteria, CA 93014 USA  
 Edward & Sons Trading Co., Inc.  
 Edward & Sons Trading Co., Inc.  
 Let's Do Organic® is distributed by:  
 Color may vary as this product contains no added sulfites.  
 Coconut is a gluten free food. (sliced, dehydrated & toasted).  
**Organic Coconut**  
**Ingredients:**

\*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.

<b>Amount per serving</b>	
<b>Calories 100</b>	
<b>% Daily Value*</b>	
<b>Total Fat 10g</b>	13%
<b>Saturated Fat 9g</b>	45%
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 5mg</b>	0%
<b>Total Carbohydrate 4g</b>	1%
<b>Dietary Fiber 2g</b>	7%
<b>Total Sugars 1g</b>	
<b>Includes 0g Added Sugars</b>	0%
<b>Protein 1g</b>	
<b>Vit. D 0mcg</b>	0%
<b>Calcium 4mg</b>	0%
<b>Iron 0mg</b>	2%
<b>Potas. 80mg</b>	2%

**Nutrition Facts**  
 About 13 servings per container  
 Serving Size 3 Tbsp (15g)

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

See more recipes at [edwardandsonsrecipes.org](http://edwardandsonsrecipes.org)  
**Let's Do Organic Toasted Coconut Flakes.** combinations to enjoy with From sweet to savory, there are hundreds of trail mix a fun and tasty treat. great additions. Try including chocolate chips for your favorite choices – pine nuts and almonds can be Give your trail mix a personal touch by including more tightly closed container. Mix ingredients together in a bowl and store in a 1/2 cup sunflower seeds 1/2 cup pumpkin seeds 1/3 cup raisins 1/2 cup cranberries 1 cup Let's Do Organic satisfying, nutritious and crunchy snack. convenient, on-the-go Flakes Toasted Coconut

**Toasted Coconut Trail Mix** Makes about 10 servings  
 become a family favorite - Enjoy!  
**Organic Toasted Coconut Flakes** will quickly goods. However you enjoy them, **Let's Do** to deliciously decorate your favorite baked Apply them to pastries and garnish your cakes. and dried fruits to create wonderful trail mixes. preservatives or whiteners. Add them to nuts **Coconut Flakes** contain no sweeteners, other special diets, **Let's Do Organic Toasted** suitable for vegan, gluten free, Paleo and many glow and terrific, toasty taste. Slow roasting gives the flakes a lovely warm coconuts and slice it into tender flakes. **Flakes**, workers carefully separate the rich, white meat from the shells of fresh, organic, To create **Let's Do Organic® Toasted Coconut** nurture the ecology of the region. enhance biodiversity, conserve water and organic coconut palms. Their organic practices of dedicated farmers tend hundreds of acres of On the fertile island nation of Sri Lanka,

**Let's Do Organic**

SEWING SUGGESTION