

ORGANIC **Let's Do Organic**
Tapioca
 GRANULES

Let's Do Organic® Tapioca Granules are crafted from the root of the tapioca plant, which is also known as cassava, manioc or yuca in the different regions it is grown and enjoyed. Native to South America and the West Indies, tapioca was enjoyed by the Mayans, who were early cultivators of this wonderful plant.

A dietary staple throughout the tropics, tapioca is an important ingredient in numerous regional and ethnic cuisines. Since it is free of gluten and other common allergens, tapioca starch is especially prized by those with food sensitivities. Let's Do Organic Tapioca Granules are quick cooking and convenient for making delicious tapioca pudding (see recipe below). Try in place of ordinary starch to thicken custards, fruit pie fillings and more! See edwardandsonsrecipes.org for recipes and send us yours to share.

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

Coconut Vanilla Tapioca Pudding

3 cups Native Forest® Organic Coconut Milk
 1/4 cup Let's Do Organic® Tapioca Granules
 1/8 tsp Salt (optional)
 2 Tbsp Sugar
 1 tsp Vanilla

In a saucepan, bring coconut milk to a boil. Bring down to a simmer, then stir in tapioca and salt (if using). Cook for 10 to 15 minutes, while stirring often, until tapioca is completely transparent. Longer cooking times will result in a thicker pudding. Remove from heat, stir in sugar and vanilla until completely blended. Refrigerate to cool slightly for immediate consumption. Longer time in the fridge will result in a thicker pudding. Stir pudding well to break up the tapioca before serving.

Options:

- Stir in 1/2 cup chocolate chips with only 1 Tbsp of sugar (a decrease to the recipe).
- Top cooled pudding with Let's Do Organic Shredded Coconut.
- Stir in fresh berries of your choice when serving.

INGREDIENTS: Organic tapioca starch, Citric acid.
INGRÉDIENTS: Féculé de manioc biologique, Acide citrique.
 Dist. by/par: Edward & Sons Trading Co., Inc. PO Box 1326 Carpinteria, CA 93014 USA
 CERTIFIED ORGANIC BY GAI
 CERTIFIÉ BIOLOGIQUE PAR GAI
 PRODUCT OF FRANCE / PACKED IN USA
 PRODUIT DE FRANCE / EMPAQUÉTÉ AUX EU
 Certifié sans gluten par GFCO:ORG



Nutrition Facts
Valeur nutritive

Per 1 Tbsp (10 g)
 pour 1 c. à soupe (10 g)
Calories 35
 *DV = Daily Value
 *%DV = valeur quotidienne

	% DV* / % VQ*		% DV* / % VQ*
Fat / Lipides 0 g	0 %	Protein / Protéines 0 g	0 %
Saturated / saturés 0 g	0 %	Cholesterol / Cholestérol 0 mg	0 %
+ Trans / trans 0 g	0 %	Sodium 0 mg	0 %
Carbohydrate / Glucides 9 g	0 %	Potassium 0 mg	0 %
Fiber / Fibres 0 g	0 %	Calcium 0 mg	0 %
Sugars / Sucres 0 g	0 %	Iron / Fer 0.2 mg	1 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

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Quick Cooking

See recipe on back panel



SERVING SUGGESTION



NET WT 6 OZ 170g

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V577 22



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 A family owned vegetarian company offering Convenience Without Compromise® Since 1978.

ORGANIC TAPIOCA GRANULES
 INGREDIENTS: ORGANIC TAPIOCA STARCH, CITRIC ACID.
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 Edward & Sons
 CERTIFIED ORGANIC BY GAI
 PRODUCT OF FRANCE / PACKED IN USA
 Our policy prohibits the use of genetically engineered ingredients.
 Questions? email custserv@edwardandsons.com

Nutrition Facts

About 17 servings per container
 Serving Size 1 Tbsp (10g)
Calories 35
 per serving

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 0g	0%	Total Carbohydrate 9g	3%
Saturated Fat 0g	0%	Dietary Fiber 0g	0%
Trans Fat 0g	0%	Total Sugars 0g	0%
Cholesterol 0mg	0%	Includes 0g of Added Sugars	0%
Sodium 0mg	0%	Protein 0g	0%
Vitamin D 0mcg 0%		Calcium 2mg 0%	
		Iron 0.1mg 0%	
		Potassium 0mg 0%	

*% Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a diet of 2,000 calories a day. Used for general nutrition advice.