

# 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](http://edwardandsonsrecipes.org) for recipes and send us yours to share.

\*Organic certification assures you of sustainable farming practices, which nourish soil, protect biodiversity and provides a premium to farmers. Consistent with our company policy, organic certification also prohibits the use of GMOs and other unwelcome ingredients.

## 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 the milk down to a simmer, then stir in tapioca and salt (if using). Cook for 13 to 18 minutes while stirring often, until tapioca is completely transparent. Remove tapioca from heat, stir in sugar and vanilla until completely blended. Refrigerate to room temperature. Stir pudding well to break up the tapioca before serving.

### Options:

- Add ½ cup melted chocolate chips. Decrease sugar to 1 Tbsp & add melted chips with the sugar per above.
- Top cooled pudding with Let's Do Organic® Shredded Coconut.
- Stir in fresh berries of your choice.

GRANULES DE MANIOC BIOLOGIQUE  
INGRÉDIENTS: ORGANIC  
TAPIOCA STARCH, CITRIC ACID.  
INGRÉDIENTS: FÉCULE DE MANIOC  
BIOLOGIQUE, ACIDE CITRIQUE.  
Edward & Sons Trading Co., Inc.  
PO Box 1326  
Carplinteric, CA 93014 USA  
CERTIFIED ORGANIC BY QAI  
CERTIFIÉ BIOLOGIQUE PAR QAI  
PRODUIT OF FRANCE / PACKED IN USA  
PRODUIT DE FRANCE / EMPAQUETÉ AUX EU



## Nutrition Facts

Nutrition Facts		Valeur nutritive	
Amount / Teneur	% DV / % VD*	Amount / Teneur	% DV / % VD*
Fat / Lipides 0g	0%	Carbohydrate / Glucides 5g	2%
Saturated / saturés 0g	0%	Fibre / Fibres 0g	0%
+Trans / trans 0g	0%	Sugars / Sucres 0g	0%
Cholesterol / Cholestérol 0mg	0%	Protein / Protéines 0g	0%
Sodium / Sodium 0mg	0%	Vitamin A / Vitamine A	0%
Vitamin A / Vitamine A	0%	Vitamin C / Vitamine C	0%
Calcium / Calcium	0%	Iron / Fer	0%

\*DV = Daily Value  
\*VD = valeur quotidienne

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## Quick Cooking

See recipe on back panel



SRVING SUGGESTION



NET WT 6 OZ 170g

ORGANIC TAPIOCA GRANULES  
INGREDIENTS: ORGANIC  
TAPIOCA STARCH, CITRIC ACID.  
Edward & Sons Trading Co., Inc.  
PO Box 1326  
Carplinteric, CA 93014 USA  
CERTIFIED ORGANIC BY QAI  
PRODUIT OF FRANCE / PACKED IN USA  
Our policy prohibits the use of genetically engineered ingredients.  
Questions? email [custserv@edwardandsons.com](mailto:custserv@edwardandsons.com)

## Nutrition Facts

Amount/erving	% Daily Value*	Amount/erving	% Daily Value*
Total Fat 0g	0%	Total Carbohydrate 5g	2%
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%

Calories 20

Vitamin D 0mg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%

\*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.

[edwardandsons.com](http://edwardandsons.com)



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