

Let's Do Organic® Arrowroot Starch is a versatile gluten free starch, excellent for thickening and baking. For thickening, thoroughly mix 1 part starch with 2 parts water to make a slurry. Next stir the slurry into a favorite sauce, gravy or pudding towards the end of cooking, stirring continuously over low heat until the desired thickness is achieved.

For baking, Organic Arrowroot Starch is great in cakes, cookies and biscuits. Simply replace other starches one-to-one. Thanks to its neutral flavor and consistent results, it is the starch of choice in pie fillings, custards and more.

The History of Arrowroot Starch

Native to South America and the Caribbean, arrowroot (Maranta arundinacea) was first cultivated by the Arawak Indians. They developed a water-wash and sieving method of extracting starch from the root, similar to what we use today. Native people prized arrowroot as a dietary staple and medicinal plant. It was applied to wounds and insect bites to draw out toxins. Today, moms the world over trust this classic starch in baby biscuits and instant cereals. Gentle and versatile, Organic Arrowroot Starch merits a proud place in your pantry.

Andrew's Blueberry Pie

Ingredients:

1 Prepared pie crust • 4 cups Blueberries • zest of one Lemon
 ¾ cup Sugar • 3 Tbsp Let's Do Organic® Arrowroot Starch
 ¼ tsp Salt • ½ tsp Cinnamon (optional)

Preheat oven to 425° F. Into a mixing bowl, add all ingredients except the pie crust. Mix well and pour into the unbaked pie crust. Bake for 45 minutes (or until crust is golden brown). Remove from oven and serve warm or cold.

Hint: Delicious topped with whipped Let's Do Organic® Organic Heavy Coconut Cream.

AMIDON DE MARANTE BIOLOGIQUE

Nutrition Facts Valeur nutritive

Per 1 Tbsp (10 g) Pour 1 c. à soupe (10 g)		% Daily Value*
Calories 35		% valeur quotidienne*
Fat / Lipides 0 g		0 %
Saturated / saturés 0 g		0 %
+ Trans / trans 0 g		
Carbohydrate / Glucides 8 g		
Fibre / Fibres 1 g		4 %
Sugars / Sucres 0 g		0 %
Protein / Protéines 0 g		
Cholesterol / Cholestérol 0 mg		
Sodium 20 mg		1 %
Potassium 30 mg		1 %
Calcium 0 mg		0 %
Iron / Fer 0.4 mg		3 %

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

Ingredients: Organic Arrowroot.
 Ingrédients: Amidon de marante biologique.

Dist by/par: Edward & Sons Trading Co., Inc.
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 Carpinteria, CA 93014 USA

Certified organic by QAI
 Certifié biologique par QAI

Product of India
 Produit de l'Inde
Poids Net 170g



Let's Do Organic®

ORGANIC Arrowroot STARCH



ORGANIC Arrowroot STARCH (Powder)

Perfect For Pie Fillings

...and more!

This recipe on back panel



SERVING SUGGESTION



NET WT 6 OZ 170g



Nutrition Facts

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

Amount per serving		% Daily Value*
Calories 35		
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 20mg		1%
Total Carbohydrate 8g		3%
Dietary Fiber less than 1g		0%
Total Sugars 0g		
Includes 0g Added Sugars		0%
Protein 0g		

Vit. D 0mcg 0% • Calcium 0mg 0%
 Iron 0.4mg 2% • Potas. 30mg 0%

*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.

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