

A DELICIOUS ALTERNATIVE TO GRAIN FLOUR

GLUTEN FREE



RECIPE ON BACK

CONTAINS ABOUT 2 CUPS BY VOLUME

Let's Do Organic

SWEET POTATO FLOUR -ORGANIC-

SERVING SUGGESTION



NET WT 12 OZ 340g



GLUTEN FREE • GRAIN FREE

Let's Do Organic

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 Certified organic by QAI
 Product of Sri Lanka
 Convenience Without Compromise®

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INGREDIENTS: ORGANIC SWEET POTATO.

DISTRIBUTED BY: Edward & Sons Trading Co., Inc.

Nutrition Facts
 About 11 servings per container
 Serving Size 3 Tbsp (30g)
 Amount per serving
110 Calories
 % Daily Value*

| | | |
|--------------------------|-------|-----|
| Total Fat | 0g | 0% |
| Saturated Fat | 0g | 0% |
| Trans Fat | 0g | |
| Cholesterol | 0mg | 0% |
| Sodium | 70mg | 3% |
| Total Carbohydrate | 25g | 9% |
| Dietary Fiber | 2g | 7% |
| Total Sugars | 4g | |
| Includes 0g Added Sugars | | 0% |
| Protein | 2g | |
| Vit. D | 0mcg | 0% |
| Calcium | 52mg | 4% |
| Iron | 8mg | 45% |
| Potassium | 450mg | 10% |

*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.

USDA ORGANIC

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

SWEET POTATO FLOUR PANCAKES (MAKES ABOUT 6 5" PANCAKES)

INGREDIENTS
 1/3 cup Organic Coconut Oil (softhened)
 1 cup Let's Do Organic® Sweet Potato Flour
 2 Eggs or alternative
 1/2 cup Native Forest® Organic Coconut Milk
 1/2 cup Let's Do Organic Tapioca Starch
 1/2 tsp Baking Powder
 (or other plant milk)

DIRECTIONS
 Blend all ingredients and mix until smooth. Add more coconut milk if batter is too thick. Let batter rest for 5-10 minutes to allow time for baking powder to activate. Heat frying pan and add a little butter. Slowly pour some batter into the pan over med-high heat and spread out until desired size and thickness. In about 5 minutes, when edges are browned, flip it over and cook the other side. Serve with maple syrup, chopped fruit, or sprinkle with Let's Do Organic Shredded Coconut.

SEE EDWARDANDSONSRECIPES.ORG FOR MORE RECIPES

Want to enjoy the indulgent taste and nutrient density of sweet potatoes in your favorite recipes? Let's Do Organic® Sweet Potato Flour to the rescue! A multi-purpose grain-free flour, it brings subtle sweetness and flavor to your favorite foods. Versatile and delicious, it is an excellent thickener of soups, sauces and gravies. Home bakers appreciate how well it holds moisture when replacing or enhancing other flours in cookies, muffins, breads and cakes. Try our recipe below or create your own to share with the world!



Let's Do Organic ORGANIC SWEET POTATO FLOUR