

The Story of Native Forest® Organic Coconut Milk

In a fertile Thailand valley, hundreds of acres of certified organic coconut trees are naturally protected from outside contamination by surrounding highlands. Organic stewardship enhances biodiversity and nurtures the overall ecology of the region. The organically managed trees are drought-resistant and their soil is rich and moisture retentive.

We press the meat of these fresh organic coconuts, yielding an oil-rich extract that is mixed with filtered water and a tiny amount (1%) of organic guar gum from the seeds of the guar plant.

A staple of Thai and many Asian cuisines, coconut milk lends rich and creamy goodness to classic regional dishes. Perfect in soups, curries, sauces, desserts and beverages, Native Forest® Organic Coconut Milk may be the most delicious coconut milk you have ever tasted.

See edwardandsonsrecipes.org for delicious recipe ideas!

Store at room temperature and shake well before using. Once opened, refrigerate in glass or plastic container and enjoy within 4 days.

Coconut milk may naturally separate and solidify when cold. Spoon the coconut milk into a glass container, which you place in a bowl of hot water. As milk softens, stir well to restore its smooth consistency.

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Convenience Without Compromise®



V209_20

NON BPA
PACKAGING



NET 13.5 FL OZ 398mL



66%
less fat
than our Classic
coconut milk.
See information
panel for
comparison.



UNSWEETENED ORGANIC Coconut Milk LIGHT

Native Forest® Organic Coconut Milk is produced in a facility that is both HACCP and Organic Certified.
Your assurance of product safety and organic integrity.

SERVING SUGGESTION

Nutrition Facts

Serving Size 1/3 cup (80 mL)
Servings Per Container about 5

Amount Per Serving

Calories 45 **Calories from Fat** 45

% Daily Value*

Total Fat 5g	7%
Saturated Fat 4.5g	21%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Potassium 50mg	1%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Comparison of organic Coconut Milk

Per 1/3 cup	Light	Regular
Calories	45	140
Total Fat	5g	15g
Saturated Fat	4.5g	13g

Ingredients: Organic Coconut Milk

(organic coconut, purified water,
organic guar gum).

Product of Thailand

Coconut
Milk is a
gluten free
food.

Distributed by Edward & Sons Trading Co., Inc. PO Box 1326 Carpinteria, CA 93014 USA
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