

To create Let's Do...Organic® Non-Dairy Heavy Coconut Cream, we press fresh organic coconuts with just a little filtered water to achieve the premium taste of 30% coconut fat. A delicious indulgence, Heavy Coconut Cream is excellent in coffee, soups, sauces, desserts and more. See edwardandsonsrecipes.org for wonderful recipe ideas!

Without guar or other additives, separation of Heavy Coconut Cream is normal. To reverse separation, place the can in a bowl of hot water. As cream warms and solids soften, stir it well to restore its smooth consistency.

To make whipped coconut cream, refrigerate this can overnight before opening. Next, scoop the solid coconut cream into a cold mixing bowl and discard remaining liquid. Whip the solid cream with a chilled beater until light and fluffy. Enjoy as is or add 2 tablespoons of powdered sugar. It's heavenly!

Store unopened can at room temperature. Once opened, refrigerate contents in a glass or plastic container and enjoy within 4 days.



Non-Dairy



30% Coconut Fat

Organic Heavy Coconut Cream

Perfect for Whipped Cream

Sauces, desserts and more



SERVING SUGGESTION



NET 13.5 FL OZ 398mL



Nutrition Facts	
Serving Size 1 Tbsp (15mL)	
Servings Per Container about 26	
Amount Per Serving	
Calories 45	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Potassium 45mg	1%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

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

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INGREDIENTS:
ORGANIC COCONUT, FILTERED WATER.
 Heavy coconut cream is a gluten free food.
Edward & Sons Trading Co., Inc.
 Edward & Sons PO Box 1326,
 Carpinteria, CA 93014 USA
www.edwardandsons.com
 Certified organic by QAI
 Product of Sri Lanka
 Convenience Without Compromise®
 Questions? email custserv@edwardandsons.com