

ORGANIC   
**Tapioca**  
GRANULES

  
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GRANULES

**Quick  
Cooking**

This recipe on  
back panel



DIETARY SUGGESTION



NET WT 6 OZ 170g

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V527\_16



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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 the recipe below). Try them 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 provide a premium to farmers. Consistent with our company policy, organic certification also prohibits the use of GMOs, artificial colors, preservatives 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 the coconut milk to a boil. Bring the milk down to a simmer, then stir in tapioca granules 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 1/2 cup melted chocolate chips. Decrease sugar to 1 Tbsp & add melted chips with the sugar as 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: FEUCIE DE MANIOC  
BIOLOGIQUE, ACIDE CITRIQUE.  
Edward & Sons Trading Co., Inc.  
PO Box 1325  
Carpinteria, CA 93014 USA  
CERTIFIED ORGANIC BY /  
CERTIFIÉ BIOLOGIQUE PAR GAI  
PRODUCT OF FRANCE / PACKED IN USA  
PRODUIT DE FRANCE / EMPAQUÉTÉ AUX EU



**Nutrition Facts**  
**Valeur nutritive**

Per 1 Tbsp (6 g) pour 1 c. à soupe (6 g)	Amount / Teneur	% DV / % VD*	Amount / Teneur	% DV / % VD*
Calories 20	Fat / Lipides 0 g	0%	Carbohydrate / Glucides 6 g	2%
*DV = Daily Value VD = valeur quotidienne	Saturated / saturés 0 g	0%	Fiber / Fibres 0 g	0%
	+Trans / trans 0 g	0%	Sugars / Sucres 0 g	0%
	Cholesterol / Cholestérol 0 mg	0%	Protein / Protéines 0.1 g	0%
	Sodium / Sodium 0 mg	0%	Vitamin A / Vitamine A	0%
	Vitamin A / Vitamine A	0%	Vitamin C / Vitamine C	0%
	Calcium / Calcium	0%	Iron / Fer	0%

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TAPIOCA STARCH, CITRIC ACID.  
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CERTIFIED ORGANIC BY GAI  
PRODUCT 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**

Serving Size 1 Tbsp (6g) Servings Per Container about 27	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Calories 20 Calories from Fat 0	<b>Total Fat</b> 0g	0%	<b>Total Carbohydrate</b> 6g	2%
	Saturated Fat 0g	0%	Dietary Fiber 0g	0%
	Trans fat 0g	0%	Sugars 0g	0%
	Cholesterol 0mg	0%	Protein 0g	0%
	Sodium 0mg	0%	Vitamin A 0%	0%
			Calcium 0%	0%
			Vitamin C 0%	0%
			Iron 0%	0%

\*Percent Daily Values are based on  
a 2,000 calorie diet.