

**VERSATILE
GRAIN FLOUR
SUBSTITUTE**



SERVING SUGGESTION

LET'S DO...ORGANIC®

**100%
ORGANIC
COCONUT
FLOUR
EXTRA-FINE FLOUR**

Let's Do...Organic® Coconut Flour is made from fresh, ripe organic coconuts. After manually separating the rich, white coconut meat from its shell, we shred and press it to extract most of the fat and moisture, then mill the defatted coconut into a fine flour. Although the texture is very similar to wheat flour, it is completely gluten free, high in fiber and features 20% protein! It's wonderful in baked goods and delicious in your favorite smoothies.



- Versatile wheat flour substitute
- Subtle, delicious flavor
- Contains 20% protein
- Perfect in baked goods, gravies, shakes & smoothies
- See more recipes at edwardandsonsrecipes.org
- USDA Certified Organic
- Gluten free
- Vegan
- Kosher
- Paleo-friendly
- Delicious

Nutrition Facts	
Serving Size 2 Tbsp (15g) Servings Per Container about 30	
Amount Per Serving	Calories from Fat 20
Calories 70	3%
	%Daily Value*
Total Fat 2.5g	3%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 6g	23%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%

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

**INGREDIENTS:
ORGANIC
COCONUT FLOUR.**



For more information contact info@edwardandsons.com
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 Convenience Without Compromise®

CASE COUNT:
6
CASE GROSS WT (LBS):
7.0
CASE DIMENSIONS (IN):
14 x 8.5 x 4.5
RETAIL UNIT DIMENSIONS (IN):
7 x 9 x 3
RETAIL UNIT NET WT:
1 LB



Promotional photos and sell sheets of all our products are available to our customers at: edwardandsons.com/NewTradePage/TradePage.htm

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