

Organic
crème de
noix de coco
Creamed
Coconut
biologique



Non-sucré

LET'S DO... ORGANIC

crème de
noix de coco
biologique

Remplace les produits laitier ou le lait de
coco pour sauces, cari, boissons et plus...



POIDS NET 200g



PRESENTATION SUGGEREE

Enjoy the wonderful
convenience and delicious flavor
of Let's Do... Organic® Creamed
Coconut, the secret ingredient
in regional dishes from
Thailand to Jamaica.

DIRECTIONS

Mix 1 Tbsp Creamed Coconut
with 2 Tbsp hot water.
Stir briskly until fully dissolved.
Adjust thickness as desired by
adding more or less hot water.
Add to soups, gravies, casseroles
and other favorite dishes toward
the end of cooking.

Note: Creamed Coconut will
harden in cool temperatures.
Simply immerse closed bag in a
bowl of hot water for a few
minutes until soft.

Organic Creamed Coconut is
perfect for Thai sauces and
Caribbean stews. Pour it over
fresh fruit to make a delicious
and "coconutty" sweet treat.
Or simply spoon Creamed
Coconut into a blender with
frozen fruit to enhance tropical
frappes and smoothies!
Experiment! Send us your
favorite recipes so we can share
them with others.

Let's Do... Organic® Creamed
Coconut is brought to you by
Edward & Sons Trading
Company, purveyors of delicious
and convenient natural foods
since 1978.

Store in a cool, dry place.
Refrigerate after opening.

Unsweetened

LET'S DO... ORGANIC

Organic
Creamed
Coconut

Replace dairy or coconut milk in
sauces, curries, smoothies and more...



NET WT 7 oz 200g



SERVING SUGGESTION

Nutrition Facts
Valeur nutritive

Serving Size 1 oz (28g) / Portion 28g
Servings per container: about 7
Portions par boîte: environ 7

Amount Per Serving Teneur	% Daily Value* %valeur quotidienne
Calories / Calories 210	
Calories from Fat 170	
Total Fat / Lipides 19g	29%
Saturated / saturés 17g	85%
+Trans / trans 0g	
Cholesterol / Cholestérol 0mg	0%
Sodium / Sodium 10mg	0%
Potassium / Potassium 150mg	4%
Carbohydrate / Glucides 8g	3%
Dietary Fiber / Fibres 4g	15%
Sugars / Sucres 2g	
Protein / Protéines 2g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	4%

*Percent of Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS:
Organic Coconut.

INGRÉDIENTS:
Noix de coco biologique.

Dist. by/par Edward & Sons Trading Co., Inc.
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www.edwardandsons.com

Certified organic by QAI
Certifié biologique par QAI

Certified Kosher by Kehilla Kasher
Certifié cashere par Kehilla Kasher

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"Commodité sans compromis"™

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