

LET'S DO... ORGANIC®

FANCY GRADE

# 100% Organic Coconut Flakes

USDA ORGANIC

- ✓ Unsweetened
- ✓ No sulfites or preservatives
- ✓ 0g Trans Fat

THIS AREA KNOCKS OUT TO CLEAR PLASTIC

CONTAINS 3 1/2 CUPS

NET WT 7oz 200g

K PAREVE

GF GLUTEN-FREE VEGAN

SERVING SUGGESTION



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USDA ORGANIC

UNSWEETENED

# 100% Organic Coconut Flakes

Ingredients: Organic Coconut (sliced and dehydrated).

Color may vary as this product contains no sulfites.

Dist. by Edward & Sons Trading Co., Inc.  
P.O. Box 1326  
Carpinteria, CA 93014 USA  
www.edwardandsons.com

Certified organic by QAI  
Certified Kosher by Kehilla Kosher  
Convenience Without Compromise®  
Product of Sri Lanka

## Nutrition Facts

Serving Size 3 Tbsp. (15g)  
Servings Per Container About 13

Amount Per Serving		%Daily Value*	
<b>Calories</b> 110	Calories from fat 90		
<b>Total Fat</b> 10g			<b>15%</b>
Saturated Fat 9g			<b>43%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 5mg			<b>0%</b>
<b>Potassium</b> 80mg			<b>2%</b>
<b>Total Carbohydrate</b> 4g			<b>1%</b>
Dietary Fiber 2g			<b>10%</b>
Sugars <1g			
<b>Protein</b> 1g			

Vitamin A 0% • Vitamin C 0%  
Calcium 0% • Iron 2%

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



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**Coconutty Granola**

Preheat oven to 300°F  
Mix oats, flour, coconut, cinnamon, and almonds in a medium sized bowl. Mix maple syrup, oil and vanilla in a separate bowl. Combine the syrup mixture with the oat mixture and stir until evenly coated. Pour the mixture onto a greased baking sheet and spread to cover evenly. Bake for 30 minutes, stir and bake another 20-30 minutes depending on preferred doneness. Store in an airtight container. Refrigerate or freeze to extend freshness. Note: Can substitute raisins or dried cranberries for some or all of the almonds.

**Ingredients:**  
3 cups Rolled Oats  
1/4 cup Whole Wheat Flour  
3/4 cup Let's Do... Organic® Coconut Flakes  
3/4 cup Sliced or Chopped Almonds  
1/2 tsp Cinnamon  
1/2 cup Maple Syrup  
1/3 cup Sunflower or Sunflower Oil  
1 tsp Vanilla

**TO TOAST ORGANIC COCONUT:**  
Heat oven to 350°. Spread coconut in thin layer in shallow baking pan. Bake 5 to 10 minutes, stirring occasionally, until light golden brown.  
**TO STORE ORGANIC COCONUT:**  
Store tightly closed bag of coconut in refrigerator or freezer for up to one year. Please send us your favorite organic coconut recipes so that we may share them with others.

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