

Let's Do...Organic® Coconut Flour is made from certified organic fresh coconuts. After separating the rich, white coconut meat from its shell, we use pressurized steam to remove most of its fat. We thoroughly dry the defatted coconut before milling it to a fine flour. Although its texture is very similar to wheat flour, Let's Do...Organic® Coconut Flour is completely gluten free, high in fiber and more than 20% protein. Organic Coconut Flour is wonderful in baked goods, and delicious in your favorite smoothies (with the benefit of adding healthful protein and fiber).

Let's Do...Organic® Coconut Flour may replace wheat flour completely in many recipes with great results (see our Brownies recipe below for a perfect example). In other recipes you may only want to replace up to 25% percent of the wheat or other grain flour with coconut flour. When you replace other flour in recipes, be sure to increase your liquid by the same measure. For example: if your recipe calls for 2 cups of flour and 1 cup of water, you could use $\frac{1}{2}$ cup coconut flour plus $1\frac{1}{2}$ cups any other flour, and then you must add an additional $\frac{1}{2}$ cup water to total $1\frac{1}{2}$ cups liquid.

Try our recipes and experiment with your own. We invite you to send us your favorite recipes so that we can share them with others. **Enjoy!**

Alison's Wheat Free Brownies

- $\frac{1}{2}$ cup Butter or non-dairy alternative
- $\frac{1}{2}$ cup Cocoa powder
- 6 Eggs or equivalent substitute
- 1 cup Sugar
- $\frac{1}{2}$ tsp Vanilla
- $\frac{1}{2}$ cup Let's Do...Organic® Coconut Flour, sifted
- 1 cup Chocolate chips (optional)

Preheat the oven to 350°. In a medium saucepan over low heat, blend butter and cocoa powder. Remove from heat and let cool. In a separate bowl, mix the eggs, sugar and vanilla. Blend this into the cocoa mixture. Stir in the coconut flour until the batter is no longer lumpy. Add the chocolate chips, if desired. Bake in pre-greased 8x8 baking pan for about 30-35 minutes.

Wheat Free Chocolate Chip Cookies

- $\frac{3}{4}$ cup + 2 Tbsp Brown rice flour
- $\frac{1}{4}$ cup Let's Do...Organic® Coconut Flour
- $\frac{1}{2}$ tsp Baking soda
- 8 Tbsp Butter or non-dairy alternative, softened
- $\frac{1}{2}$ cup Sugar
- $\frac{1}{2}$ cup Light brown sugar
- 1 Egg or equivalent substitute
- $1\frac{1}{2}$ tsp Vanilla
- 1 cup Chocolate chips
- $\frac{3}{4}$ cup Walnuts or pecans, chopped (optional)

Preheat the oven to 375°. Blend together the butter and sugars until fluffy and well mixed. Beat in egg and vanilla. In a separate bowl mix the flours and baking soda. Add this to the butter/egg mixture until smooth and well blended. Stir in chocolate chips and nuts (if using). Drop the dough by the teaspoonful onto pre-greased cookie sheets. These should be spaced about 2 inches apart. Bake about 8 to 12 minutes or until brown on the edges. Remove from oven and allow to cool for 2 minutes on the cookie sheet before transferring to a cooling rack.

Nutrition Facts

Serving Size 2 Tbsp (15g)
Servings Per Container about 30

Amount Per Serving		Calories from fat 20
		%Daily Value*
Calories 70		
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%	

Ingredients: Organic Coconut Flour. Coconut color may vary as this product contains no sulfites.

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GLUTEN FREE • LOW FAT • HIGH FIBER

Organic Coconut Flour



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