



**ORGANIC**  
**Tapioca**  
SMALL PEARL



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Tapioca is an ancient and versatile starch derived from the root of the cassava or yuca plant. Native to South America and the West Indies, tapioca was enjoyed by the Mayans, who were the first to harvest cassava. Let's Do...Organic® tapioca pearls are delicious in puddings, pies, bubble tea, and a variety of your favorite desserts. Write to us for recipes and send us yours to share with others.

**Classic Tapioca Pudding**

- 2 cups water
- 3 Tbsp Let's Do...Organic® Tapioca Pearls
- 2 Tbsp sugar
- 1/8 tsp salt (optional)
- 2/3 cup milk (dairy or non-dairy)
- 1/3 cup Let's Do...Organic® Shredded Coconut (optional)

In a saucepan, bring the water to boil. Use a whisk or fork to add the tapioca pearls, thus preventing them from sticking together. Let the tapioca cook for about 17 minutes, until the pearls have lost about half of their opaqueness. The mixture will be slightly thickened and the liquid will be cloudy. In a separate bowl, whisk the sugar, salt and milk together. When the tapioca has finished its initial cooking, whisk in the milk mixture. Stir and cook for 10 more minutes. If adding coconut, stir it in during the last 3 minutes of the cooking. Refrigerate until completely cooled. Stir well to break up the tapioca before serving.  
*Options:* Add fresh berries or sliced bananas. Use Native Forest® coconut milk for a rich, coconutty pudding.

**Nutrition Facts**

Serving Size 1 Tbsp. (13g)  
Servings Per Container about 13

Amount Per Serving		%Daily Value*
<b>Calories</b> 35	Calories from fat 0	
<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 0mg		<b>0%</b>
<b>Total Carbohydrate</b> 9g		<b>3%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 0g		
<b>Protein</b> 0g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 0%	

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

**Ingredients: Organic Tapioca.**  
**Ingredients: Manioc biologique.**

Dist. by/par Edward & Sons Trading Co., Inc.  
P.O. Box 1326  
Carpinteria, CA 93014 USA

www.edwardandsons.com  
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Certifié biologique par QAI

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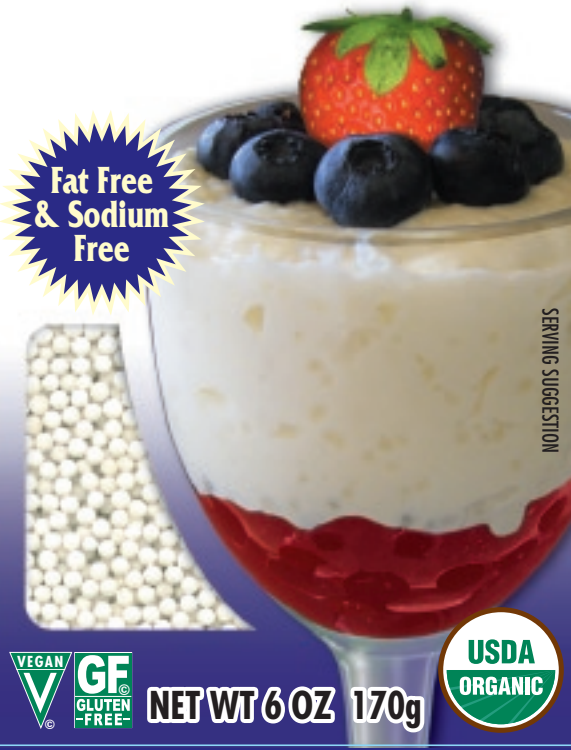
**ORGANIC**  
**Tapioca**  
SMALL PEARL



Fat Free &  
Sodium Free



**ORGANIC**  
**Tapioca**  
SMALL PEARL



Fat Free &  
Sodium Free



NET WT 6 OZ 170g



**Manioc**  
**biologique**  
petites perles



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

Amount / Teneur	%DV / %VQ*	Amount / Teneur	%DV / %VQ*
<b>Fat / Lipides</b> 0g	<b>0%</b>	<b>Carbohydrate / Glucides</b> 9g	<b>3%</b>
Saturated / saturés 0g		Fiber / Fibres 0g	
+/Trans / trans 0g	<b>0%</b>	Sugars / Sucres 0g	
<b>Cholesterol / Cholestérol</b> 0mg		<b>Protein / Protéines</b> 0g	
<b>Sodium / Sodium</b> 0mg	<b>0%</b>	Vitamin C / Vitamine C	0%
Vitamin A / Vitamine A	0%	Iron / Fer	0%
Calcium / Calcium	0%		

\*DV = Daily Value  
VQ - valeur quotidienne

For Canadian customers / pour les clients canadiens



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