

Lef's Do...Organic® Potato Starch is a versatile gluten free starch, excellent for thickening and baking. It is great in breads, cookies and biscuits. Simply replace other starches one-to-one.

For thickening, thoroughly mix 1 part starch with 2 parts water to make a slurry. Stir the slurry into a favorite sauce, gravy or pudding towards the end of cooking, stirring continuously over low heat until the desired thickness is achieved.

Organic Potato Starch is a great choice for thickening soups and sauces, as they will retain their intended taste and translucence rather than turning cloudy.

Potato starch is prized by chefs of many countries and ethnicities.

Native to South America, potatoes have been a source of valuable dietary starch for thousands of years. However you use it, this versatile gluten free starch will serve you well. Enjoy!

Coconut Macaroons

Makes about 22-26 cookies

1 cup Native Forest® Organic Coconut Milk (Classic or Simple varieties)
 1/3 cup Agave syrup (1/2 cup for sweeter macaroons)
 1 1/4 tsp Vanilla extract
 1/4 tsp Sea salt

1/4 cup Lef's Do...Organic® Potato Starch
 3 cups Lef's Do...Organic® Shredded Coconut

Preheat oven to 350° F. In a medium sized bowl, mix the coconut milk, agave, vanilla and salt. Add in the potato starch gradually, while stirring well. Sprinkle in the shredded coconut and stir until thoroughly mixed. Gently drop tablespoonful amounts onto greased baking sheets. Allow a little space between each cookie for expansion. Bake for approximately 18-25 minutes until golden brown and firm to the touch. Remove from oven and allow cookies to cool for 10 minutes before transferring to cooling racks.

ORGANIC POTATO STARCH FÉCULE DE POMME DE TERRE BIOLOGIQUE

Nutrition Facts Valeur nutritive	
Per 1 Tbsp (10 g) Par 1 c. à soupe (10 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 35	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g +Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Potassium / Potassium 0 mg	0 %
Carbohydrate / Glucides 8 g	3 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

Ingredients: Organic Potato Starch.

Ingrédients:
 Fécule de pomme de terre biologique.
 Dist. by/par: Edward & Sons Trading Co., Inc.
 PO Box 1326
 Carpinteria, CA 93014 USA
 edwardandsons.com



Certified Organic by QAI
 Certifié biologique par QAI

Product of Denmark
 Packed in USA
 Produit de Danemark
 Empaqueté aux EU

POIDS
 NET 170g

ORGANIC Potato STARCH

ORGANIC Potato STARCH (Powder)

For Perfect Baking

...and more!
 See recipe on
 back panel



NET WT 6 OZ 170g



SERVING SUGGESTION

ORGANIC POTATO STARCH

Nutrition Facts	
Serving Size 1 Tbsp (10g) Servings Per Container about 17	
Amount Per Serving	% Daily Value*
Calories 35	Calories from Fat 0
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars less than 1g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

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

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A Family Owned
 Vegetarian Company
 Since 1978
 Convenience Without
 Compromise®

Questions? email custserv@edwardandsons.com