

**The Story of Native Forest®
SIMPLE™ Organic Coconut Milk**

On the fertile island nation of Sri Lanka, dedicated farmers tend thousands of acres of organic coconut palms. To create Native Forest® Simple™ Organic Coconut Milk, we press the meat of these fresh organic coconuts to yield an oil-rich extract, adding only pure, filtered water. Simple™ Organic Coconut Milk is perfect in soups, curries, sauces, desserts and beverages, lending its creamy goodness to classic ethnic and regional dishes.

Native Forest® Simple™ Organic Coconut Milk contains no guar or other additives. If separation of this milk should occur, this is quite normal. Simply spoon the coconut milk into a glass container and place it in a bowl of hot water. As milk warms and solids soften, stir the coconut milk well to restore its smooth consistency.

You will love Native Forest® Simple™ Organic Coconut Milk, one of the finest and purest coconut milks in the world.

Store at room temperature and shake well before using.

Once opened, refrigerate in glass or plastic container and enjoy within 4 days.

See edwardandsonsrecipes.org for delicious recipe ideas!

Organic certification assures you of sustainable farming practices, which nourish soil and protect its biodiversity. Consistent with our company policy, organic certification also prohibits the use of GMOs, artificial colors, preservatives and other unwelcome ingredients.

Native Forest® is a trademark of Edward & Sons Trading Co., Inc., a family owned vegetarian company offering Convenience Without Compromise® since 1978.

Questions? Email custserv@edwardandsons.com



No
Guar



UNSWEETENED

**ORGANIC
Coconut Milk
SIMPLE™**



NET 13.5 FL OZ 398mL



Nutrition Facts

Serving Size 1/3 cup (80 mL)
Servings Per Container about 5

Amount Per Serving
Calories 140 Calories from Fat 130

% Daily Value*

Total Fat 15g **22%**

Saturated Fat 13g **64%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Potassium 150mg **4%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 10%

*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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Ingredients: Organic Coconut Milk
(organic coconut, purified water).

Dist. by Edward & Sons Trading Co., Inc.

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Certified organic by QAI

Product of Sri Lanka

SERVING SUGGESTION

Coconut Milk is a gluten free food.