

sOlspring

BIODYNAMIC®

ORGANIC
TAPIOCA
FLOUR

STARCH ALTERNATIVE | GLUTEN FREE



NET WT. 16 OZ. (1 LB.) (454 g)

Nutrition Facts

About 30 servings per container
Serving size 2 tbsp (15 g)

Amount per serving
Calories 50
% Daily Value*

Total Fat 0 g	0%
Saturated Fat 0 g	0%
<i>Trans</i> Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 13 g	5%
Dietary Fiber 1 g	4%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 0 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 0.7 mg	4%
Potassium 140 mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: BIODYNAMIC ORGANIC CASSAVA (TAPIOCA).

DISTRIBUTED BY: NHP, 125 SW 3rd Place
Cape Coral, FL 33991 USA (877) 985-2696

CERTIFIED ORGANIC BY: Control Union

PRODUCT OF INDIA

SOY FREE | GLUTEN FREE

TAPIOCA FLOUR

Made from only the dried roots of cassava plants grown in India, this single-ingredient flour is a gluten-free alternative to cornstarch and traditional grain-based flours used for binding, thickening and baking your favorite recipes, including soups, sauces and gravies. Offering a slightly sweet taste to your dishes, this smooth, finely milled starch may also be used alongside other gluten-free flours to help achieve your desired consistency – from a crispier crust to a fluffy, light baked good.

WHAT IS BIODYNAMIC®?

Think organic but better. Demeter Certified Biodynamic®, the world's oldest ecological certification, meets the highest standards in agriculture through regenerative, soil-first practices – like plant diversity, cover crops and livestock integration, while avoiding synthetic fertilizers, pesticides and herbicides. As a result, farmers improve the health of their land and quality of our food, while cultivating a stronger planet.

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