



## Bean Cakes

1 can (15 oz) black-eyed peas  
½ small onion  
2 small carrots  
1 egg  
Salt and pepper  
¼ cup flour  
½ cup palm oil

Drain all the liquid from the black-eyed peas. Chop onion and carrots and mix in food processor or blender with the black-eyed peas and egg. Stir in salt and pepper and flour. Heat oil in skillet over medium setting. Form mixture into several balls. Roll balls in flour and place in hot oil, flattening slightly so the cakes are about 2 inches in diameter and ¼-inch thick. Cook until crisp, turn and cook other side. *Compliments of Dr. Bruce Fife, N.D.*

***South Pacific Trading Company***  
***Life is short. Drink it in.***



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