



Creamy Scalloped Potatoes

1 can (14 ounces) coconut milk
½ cup water
¼ cup flour
2 tsp. salt
¼ tsp. pepper
4 to 6 potatoes thinly sliced
1 medium onion, finely chopped
1 red or green bell pepper, chopped
2 cups cheese, grated
Paprika

In a bowl stir together coconut milk, water, flour, salt, and pepper; set aside. Grease bottom of casserole dish with coconut oil or butter. Cut potatoes into thin slices. Layer half of the potatoes on the bottom of the casserole, followed by half of the onion, bell pepper, cheese, and coconut milk mixture, layering with the remaining half of the ingredients. Sprinkle top with paprika. Bake at 350 degrees F for 1 hour and 15 minutes, or until potatoes are tender. *Compliments of Dr. Bruce Fife, N.D.*

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Life is short. Drink it in.



15052 Ronnie Drive, Suite 100 ~ Dade City, FL 33523
Ph. 352.567.2200 ~ Fx. 352.567.2257 ~ www.SouthPacificTrading.com