



Fried Plantains

2 large plantains
2 cups palm oil
Salt

Plantains should be green and firm. Peel and cut the plantains crosswise into several ½- inch thick slices. Heat oil in a skillet. Place slices into the hot oil. The oil should be deep enough so that the slices float. Cook until the slices are crisp on the outside but soft inside (about 8-10 minutes). Remove from the oil and drain and add salt to taste. *Compliments of Dr. Bruce Fife, N.D.*

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



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