



Gingered Sweet Potatoes in Coconut Sauce

3 Tbsp. Coconut oil
1 onion, diced
1 Tbsp. ground ginger
1 Tbsp. curry powder
1 can (14 oz) coconut milk
1 large sweet potato, cut in bite-size pieces
1 cup pineapple, chopped
1 Tbsp. tamari sauce
1 tsp. salt

Heat coconut oil in a large saucepan. Sauté onion until tender. Mix in ginger and curry powder and cook for another 1 to 2 minutes until fragrant. Add coconut milk, sweet potatoes, pineapple, tamari sauce, and salt. Reduce heat to low, cover, and simmer for 25 to 30 minutes, until sweet potatoes are soft but still firm enough to keep their shape. *Courtesy 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