



## Mashed Yams with Eggs

2 cups mashed yams  
3 Tbsp. grated onions  
½ cup palm oil  
1 ripe tomato, diced  
6 hard-boiled eggs  
Salt and pepper

Boil yams until tender then mash with a fork. In a saucepan, heat oil and fry onions until tender. Add tomatoes, remove from heat. Stir in mashed yolks from two hard-boiled eggs. Add mixture to mashed yams and stir until well blended and color is even. Put into a bowl and garnish with remaining eggs. *Courtesy of Dr. Bruce Fife, N.D.*

***South Pacific Trading Company***  
***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](http://www.SouthPacificTrading.com)**