

# MAKE A SANDWICH TOPPING COCO-PALMSUGAR-BUTTER

Making sandwiches topping yourself is not difficult. Did you know that people used to put a little palm sugar on bread and the sandwich was finished? We make it a little better. Spread an organic brown sandwich with real butter and sprinkle palm sugar over it. Then add some grated coconut. You can mix the three with the butter so that it is easier to eat. The sandwich spread is already finished!

*In North America nad Europe, grated coconut and palm sugar is available at tropical stores.*



**A**

[Anti inflammation diet](#)

[Alpinia galanga](#)

[Alzheimer](#)

[Anemia](#)

[Aspirin](#)

**B**

[Banana flower](#)

[Barringtonia asiatica](#)

[Beetroot](#)

[Bell pepper](#)

[Bok choy](#)

[Broccoli](#)

[Brussels sprouts](#)

**C**

[Cauliflower](#)

[Carobflour](#)

[Celery](#)

[Centella asiatica](#)

[Chinese cabbage](#)

[Chocolate](#)

[Cholesterol myth](#)

[Cinnamon](#)

[Purple corn](#)

[Cucumber](#)

[Orange cucumber](#)

**D****E**

[Eggplant](#)

[Endive](#)

**F**

[Fennel](#)

[Food as medicine](#)

**G**

[Garlic](#)

**H**

[Horseradish](#)

[Hot pepper](#)

**I**

[Iceberg lettuce](#)

**K**

[Kale](#)

**L**

[Leek](#)

[Lettuce](#)

**M**

[Mangosteen](#)

[Medicinal Food 2019](#)

[Microbiome](#)

[Microwave food](#)

[Mint](#)

[Morgellons](#)

[Common mushrooms](#)

**N**

[Nettle](#)

**O**

[Red onions](#)

[Osteoarthritis](#)

[Otrivin, otrivine](#)

**P**

[Palmsugar](#)

[Papaya and papaya leaf](#)

[Pineapple](#)

[Potatoes](#)

[Purslane](#)

**R**

[Root celery](#)

[Romaine lettuce](#)

**S**

[Shallots](#)

[Shiitake](#)

[Spinach](#)

[Stevia](#)

[Supermarket alternatives](#)

[Sweet potato](#)

**T**

[Taro](#)

[Tomato](#)

[Turmeric](#)

**U****V**

[Vegan milk](#)

**W**

[Watercress](#)

[Wild vegetables](#)

**Z**

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