

STOKES PURPLE® SWEET POTATOES

The **Stokes Purple**® is a variety of sweet potato with purple skin and purple flesh that is high in anthocyanins which are powerful antioxidants.

When cooked, the **Stokes Purple** retains its rich purple color and anthocyanin content.



Anthocyanins are known to help with cancers, strokes, vascular problems and many kinds of inflammatory conditions. **Stokes Purple's** are also diabetic friendly having a low Glycemic index.

Visit our website for recipes, cooking instructions, nutritional details and purchasing details.

www.StokesPurple.com



STOKES FOODS

Walnut Cove, NC
Sales@StokesFoods.com

