



## Peanut Butter Pork

1 cup coconut milk  
½ cup chunky peanut butter  
1 Tbsp. red chili paste  
1 Tbsp. lemon juice  
1 tsp. ground ginger  
1 tsp. salt  
2 Tbsp. coconut oil  
1 medium onion, chopped  
2 garlic cloves, diced  
½ red bell pepper, diced  
1 lb pork, cut into bite-size pieces  
Noodles

Combine coconut milk, peanut butter, red chili paste, lemon juice, ginger, and salt. Mix together and set aside. Heat coconut oil in large skillet. Sauté pork until it is barely cooked through, about 4 minutes. Add onions, garlic, and bell pepper and continue to cook until vegetables are tender and meat is thoroughly cooked. Stir in coconut milk mixture, reduce heat and simmer for 4 or 5 minutes. Serve over a bed of hot noodles. *Courtesy of Dr. Bruce Fife, N.D.*

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



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