

Side | Snack

Peanut Sauce

Side Effect: Weight Loss/Low Appetite

10 Mins
Prep Time

0 Mins
Cook Time

8
Servings

 **376** Calories **30g** Fat **19g** Carbs **13g** Protein



Ingredients

 **8 Servings** • $\frac{1}{4}$ Cup Serving Size  **10 Mins** Total Time  **Allergens:** Nuts, Gluten, Soy

$\frac{3}{4}$ Cup Creamy Peanut Butter 

$\frac{1}{2}$ Cup Low-Sodium Soy Sauce

$\frac{1}{4}$ Cup Rice Wine Vinegar

1 Tbsp Sesame Oil

1 Tbsp Coconut Sugar

$\frac{1}{2}$ Inch Knob Fresh Ginger, **peeled, rinsed** and chopped

1 Clove Garlic, **peeled**

$\frac{1}{4}$ Cup Full-Fat Coconut Milk 

Allergen Swap

Nuts Omit the peanut butter and replace with a nut-free butter such as Sunbutter®.

Gluten Replace the soy sauce with a gluten-free version.

Soy Replace the soy sauce with a soy-free version.

Nourishment Note



Coconut Milk

Coconut milk is a high-calorie liquid. Incorporating high-calorie foods into the diet can help prevent weight loss.



Peanut Butter

Rich in healthy monounsaturated fats, peanut butter provides an ample number of calories as well as antioxidants, like vitamin E.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Blend Ingredients

To a food processor or blender combine all the ingredients. Blend until smooth.

3. Enjoy as a Dip or Sauce

Use as a dip for potato chips or veggie slices. Sauce can also be used on protein dishes such as chicken and tofu.

4. Store

Sauce keeps well in the refrigerator, covered, for up to 2 days.

5. Wash Hands

Wash hands with soap and water.

Recipe adapted from: makingthymeforhealth.com

What You'll Need



Food Processor or Blender



Measuring Cup



Measuring Spoon



Cutting Board



Knife

Fatigue Buster

- Ginger: Use tubed ginger instead of fresh to reduce preparation time.
- Garlic: Use tubed garlic instead of fresh to reduce preparation time.
- Ask a friend or family member to help prepare this recipe.