



PEANUT SAUCE

By Dr. Cindy Tanzar
(Vegan/Maintenance)

The recipe can be doubled for extra to be used as a salad dressing, dip for veggies or drizzled over zucchini noodles.

Makes 5-6 servings. Serving size is 2 Tbsp and covers your fat per serving.



INGREDIENTS

- 1/4 cup creamy peanut butter (no sugar, just nuts/salt)
- 1/4 cup water
- 1 Tbsp white or rice vinegar
- 1 Tbsp Tamari or coconut aminos
- 1 Tbsp Lakanto maple syrup or 1/8 tsp pure maple extract
- 1/2 tsp. toasted sesame oil

INSTRUCTIONS

Mix all the ingredients together in a small bowl or measuring cup until smooth and creamy. You may need to add water (1/2 tsp. at a time) to get the consistency you like due to your brand of nut butter.