



Peanut sauce with ginger, lime and cilantro

Ingredients

1/4 cup (60 mL) smooth, natural peanut butter
2 cloves of garlic, minced
1 tbsp (15 mL minced ginger
2 tbsp (30 mL) raw honey
1/4 cup (60 mL) minced cilantro leaves
Juice of 1 lime
1tbsp (15 mL) sesame oil
1/4 cup (60 mL) soy sauce
2 tbsp (30 mL) rice wine vinegar
Himalayan crystal salt to taste

Instructions

- 1.** In a bowl of a food processor or blender, add all of the ingredients. Blend until smooth.
Season with salt to taste
- 2.** This sauce can also be made by hand, using a bowl and whisk or wooden spoon. Blending the peanut butter with the other ingredients may require some elbow grease. To help it along, try gently heating the peanut butter to make it a little bit runny and easier to stir.

Helpful hint

This sauce will stiffen up considerably in the fridge. Adjust the consistency by stirring in a little warm water, stock or coconut milk. Or heat the sauce gently on the stove until it loosens up.

FOR MORE NUTRITIOUS AND DELICIOUS RECIPES VISIT WWW.BALANCE-NUTRITION.COM