



Favorite Peanut Sauce

So much healthier and full-flavored than the commercial peanut sauces that contain way too much sugar, and questionable fats...

Here you go, fast, easy, affordable – this peanut sauce turns any vegetable or cooked grain into delicious meal! It works well for almost every kind of vegetable.

Peanut sauce will keep in the refrigerator for about a week. Go ahead and double the batch; freeze any extra for later use, or share with a friend.

Ingredients:

1 cup unprocessed, smooth peanut butter
1 cup hot water
¼ cup rice wine vinegar
2 tbsp tamari (or soy) sauce
2-3 tbsp blackstrap molasses
2 tbsp coconut sugar
½ tsp red chile flakes
(optional) fresh grated ginger,
approx. 2 teaspoons

How to make:

In small saucepan, whisk together the peanut butter and hot water until smooth. Whisk in the remaining ingredients—starting with about half the amount and adjust the flavor as you go along. Pour over stir-fried veggies, cooked grain, rice noodles, or serve on the side with spring rolls, or chicken or tempeh skewers.