

Healthy Living Program's Recipe Corner

~ eat light, eat clean, eat well! ~



Clean Eating Recipe of the Month

Clean Peanut Sauce

Here's a Thai-inspired peanut-sauce recipe, courtesy of *Oxygen's* sister publication *Clean Eating*. Use it to kick up the taste of your protein-packed stir-fry dishes! (Sometimes a girl just needs a nice, saucy sauce!). Enjoy!

Ingredients

- 1/8 cup creamy natural peanut butter
- Juice of one lime
- 2 tbsp cilantro, minced
- 2 tbsp water
- 1 tbsp apple cider vinegar
- 2 cloves garlic, minced
- 2 tsp tomato paste
- 2 tsp low-sodium soy sauce
- 2 tsp honey
- 1 tsp fresh ginger, grated
- 1 tsp crushed red pepper flakes



Instructions

Whisk together in a large bowl and use at your leisure!

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Nutritional Information (per 2 tsp)

Calories...20

Protein...0 g

Carbohydrate...2 g

Fat...3 g



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