

# Calorie Boosting Peanut Sauce

On tofu, rice veggies, salad, this sauce is a delicious way to boost your overall calories quite easily.



PREP TIME

5 mins

TOTAL TIME

5 mins



COURSE

Gluten Free, Sauces, Sides



SERVINGS

6 servings

CALORIES

205 kcal

## INGREDIENTS

- 3/4 c Peanut Butter creamy
- 1/4 c rice vinegar
- 1/4 c water
- 1/3 c soy sauce or tamari
- 2 Tbl Bee Free Honee or agave
- 1 1/2 tsp ginger root grated
- 2 cloves garlic minced
- 1/4 tsp red pepper flakes

## INSTRUCTIONS

1. Whisk or blend all of the ingredients together! That's it!

## NUTRITION

## Nutrition Facts

Calorie Boosting Peanut Sauce

**Amount Per Serving**

**Calories** 205      Calories from Fat 135

**% Daily Value\***

**Fat** 15g      **23%**

**Carbohydrates** 13g      **4%**

**Protein** 8g      **16%**

\* Percent Daily Values are based on a 2000 calorie diet.



**Tried this recipe?**

Let us know how it was!