

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!