

# Peanut Sauce

This versatile sauce is great on noodles, rice, as a sandwich spread in place of mayo, or as a dip for vegetables (grilled or raw). If you want a smoother sauce, blend for a few seconds in a blender or food processor. For a thinner dressing, add a bit more warm water.

## Ingredients for Life

Serves 6

Serving size: 2 Tablespoons

Prep time: 5 minutes

Cook time: 0 minutes

Total time: 5 minutes

## Ingredients

- 1/4 cup smooth peanut butter
- 1 Tablespoon low-sodium soy sauce
- 1 Tablespoon chili sauce (such as Sambal or Sriracha)
- 1 Tablespoon grated ginger
- 1 Tablespoon rice vinegar
- 4 Tablespoons warm water (or more, depending on the thickness you want)
- 1 Tablespoon fresh-squeezed lime juice



## Directions

1. Mix ingredients together in a glass jar with a screw top. Tighten the lid well and shake.

## Nutrition Facts

Serves 6

Serving size 2 Tablespoons (31g)

Amount per serving

**Calories** **75**

% Daily Value\*

<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>6%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 273mg	<b>11%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>3%</b>
Total Sugars 2g	
<b>Protein</b> 3g	<b>6%</b>
Vitamin D 0mcg	0%
Calcium 7mg	1%
Iron 0.5mg	1%
Potassium 97mg	3%
Phosphorus 44mg	4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.