

# Spicy Peanut Dip/Sauce

½ C peanut butter or almond butter  
1 medium garlic clove finely minced  
1 T. purple onion or green onions finely minced  
1 T. dry ginger or ½ T. fresh ginger finely minced  
2 T. liquid aminos or soy sauce  
½ tsp. Pepper flakes or cayenne pepper  
4-6 T. water, until desired consistency

Put all prepared ingredients into a bowl and stir well. This can be served as a dip with fresh bell pepper wedges, cucumbers, celery, and carrots or thinned down to make a sauce and served over a bed of zucchini noodles. It is a delicious, hearty snack for those avoiding fruit and grains in their diet.

Recipe by Kelly Pomeroy