



Spiralized Veggie Noodles with Peanut Sauce

3 servings
 15 minutes

Ingredients

- 1 Zucchini (medium)
- 1 Carrot (large, peeled)
- 1 Red Bell Pepper (thinly sliced)
- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1/4 cup All Natural Peanut Butter
- 2 tbsps Water
- 2 tbsps Lime Juice
- 1 tbsp Tamari
- 1 tbsp Maple Syrup
- 1 Garlic (clove, minced)
- 1 tsp Ginger (minced)
- 3 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	253
Fat	16g
Carbs	21g
Fiber	5g
Sugar	13g
Protein	11g
Cholesterol	0mg
Sodium	374mg
Vitamin A	5272IU
Vitamin C	92mg
Calcium	69mg
Iron	2mg

Directions

- 1 Spiralize the zucchini and the carrot and transfer to a large mixing bowl with the bell pepper and cabbage. If you do not have a spiralizer, use a box grater or vegetable peeler instead.
- 2 In a mixing bowl combine the peanut butter, water, lime juice, tamari, maple syrup, garlic and ginger. Mix well to combine.
- 3 To serve, toss the veggies in the peanut sauce and top with hemp seeds. Serve immediately and enjoy!

Notes

Leftovers, For best results, refrigerate veggies and peanut sauce in separate airtight containers for up to three days.

Serving Size, One serving is equal to approximately 2 cups of veggies and 3 tablespoons of sauce.

Soy-Free, Use coconut aminos instead of tamari.

Nut-Free, Use sunflower seed butter instead of peanut butter.

Additional Toppings, For extra crunch add sliced almonds, chopped peanuts or pumpkin seeds. Serve with lime slices.

More Protein, Add cooked chicken, shrimp or tofu.