



Lifestyle Medicine Group

## **Peanut Sauce**

*Recipe from Sara O'Leary, MS, RDN, LD*

This tasty sauce can be enjoyed as a dressing over greens or roasted vegetables, as a dipping sauce for spring rolls, or thinned and used to toss with zucchini pasta. Feel free to substitute almond butter for peanut butter, and use dried ginger if you don't have any fresh on hand.

### **Ingredients**

- 2 garlic cloves, minced
- 1 tablespoon chunk of ginger, peeled and finely chopped
- 1-2 tablespoons low-sodium tamari
- 2 dates, soaked until soft, drained, pits removed
- 1 lime, juiced
- 1/3 cup peanut butter
- 1/3 cup water -more or less as needed to reach desired consistency.

### **Method**

Mix all ingredients until smooth and creamy in your blender.