



## 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
Saturated	3g
Trans	0g
Polyunsaturated	7g
Monounsaturated	6g
Carbs	21g
Fiber	5g
Sugar	13g
Protein	11g

### 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.