

Spiralized Veggie Noodles with Peanut Sauce

12 ingredients · 15 minutes · 3 servings



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.

Ingredients

- 1 Zucchini (medium)
- 1 Carrot (large, peeled)
- 1 Red Bell Pepper (thinly sliced)
- 134 grams Purple Cabbage (thinly sliced)
- 65 grams All Natural Peanut Butter
- 30 milliliters Water
- 29 milliliters Lime Juice
- 15 milliliters Tamari
- 20 grams Maple Syrup
- 1 Garlic (clove, minced)
- 2 grams Ginger (minced)
- 30 grams Hemp Seeds

Nutrition

Amount per serving

Calories	253	Vitamin D	0IU
Fat	16g	Vitamin E	3mg
Carbs	21g	Vitamin K	25µg
Fiber	5g	Thiamine	0.3mg
Sugar	13g	Riboflavin	0.3mg
Protein	11g	Niacin	5mg
Cholesterol	0mg	Vitamin B6	0.5mg
Sodium	374mg	Folate	78µg
Potassium	713mg	Vitamin B12	0µg

Vitamin A	5272IU	Phosphorous	304mg
Vitamin C	92mg	Magnesium	138mg
Calcium	70mg	Zinc	2mg
Iron	2mg	Selenium	2µg