

AMAZING RAW "PEANUT SAUCE"

1 cup raw and creamy almond butter (MaraNatha or other good brand)
2 tablespoons fresh ginger
1/2 cup water (to thin)
4 tablespoons fresh lemon juice
1/4 cup maple syrup
3 tablespoons Nama Shoyu
4 teaspoons sesame oil (optional)
2 to 3 cloves garlic, peeled
1/2 jalapeño pepper

Blend all ingredients at high speed until smooth.

The dressing will become thicker after a few days in the fridge. Add water when needed.

It is truly amazing as a salad dressing. You can also use this sauce as a dip for carrots and other vegetables, or a sauce on cooked vegetables.

This dressing will keep for several weeks in the refrigerator.

(From Natalia Rose's book: The Raw Food Detox Diet)