

Salad

Peanut Dressing



Ready in 15 minutes

Serves:6-8

Ingredients

- ¼ cup creamy peanut butter
- 2 Tbsp rice wine vinegar
- 2 Tbsp honey
- 1 Tbsp water
- 1 Tbsp shoyu
- 2 Tbsp brown sugar
- ¼ - ½ tsp Himalayan salt
- ½ tsp cayenne pepper
- 2 Tbsp canola oil
- Pinch red pepper flakes - optional

Preparation

1. Whisk the first 5 ingredients together
2. Add the next 4 ingredients and whisk until smooth.
3. Taste. Add red pepper flakes if you want to add more heat, or a little more sugar for sweetness.

Tips

This goes really well on salad or drizzled over baked chicken. See my Chicken Salad with Peanut Dressing.

[Chicken Salad with Peanut Dressing.pdf](#)

Spiritual message from this recipe

This is a great opportunity to play with your creative side. You can add a splash of fish sauce, fresh mint, or cilantro; use palm sugar and or a little coconut milk to

**create a different taste and let your
palate decide the best blend.**