

# Zucchini Noodles with Creamy Thai Sauce

My girls were so excited to prepare this dish with me because we were eating our very first zucchini fresh from our garden. We absolutely loved and savored this healthy dish.

Zucchini is high in the heart-healthy mineral potassium, contains vitamin A, beta carotene, vitamin C and is also a rich source of a trace mineral called manganese, which helps the body metabolize protein and carbohydrates.

## Ingredients

- 1 large zucchini
- 1 cup freshly chopped parsley
- 1 grated carrot
- 1/4 cup unsalted, unroasted sunflower seeds
- 2 cups spinach or arugula

## Creamy Thai Sauce

2 tbsp almond butter  
1 tbsp agave nectar  
1 tsp sea salt  
3 tsp grated fresh ginger  
1/2 fresh lemon, juiced  
1 clove of garlic  
1 tbsp of wheat-free tamari  
1/2 cup filtered water  
1/2 a ripe avocado



## Directions

Spiralize the zucchini and the carrot if it's big enough.

Add all the thai sauce ingredients and put them in a blender or food processor. Blend until smooth. Place your zucchini pasta, carrots and parsley into a big bowl and mix with your sauce. Add sunflower seeds to individual portions.

Serves 2

