

## **CREAMY SUNFLOWER BUTTER DIPPING SAUCE**

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This flavorful and versatile sauce is a modern and healthier take on Thai peanut sauce with no added sugar and lower sodium. And, since it is made with a seed butter, those with peanut or tree-nut allergies should be able to enjoy it. For variety, try a different seed or nut butter in place of the sunflower seed butter.

### **Uses:**

- as an accompaniment for fresh spring rolls or summer rolls
- drizzle it over an Asian-inspired bowl, tacos or taco bowl
- use as a dip for skewers or satay, veggies or fresh fruit
- toss it with hot-cooked noodles, vegetables, tofu, chicken or pork
- use as a dressing on a cold vegetable, noodle or grain salad
- ... the possibilities are endless

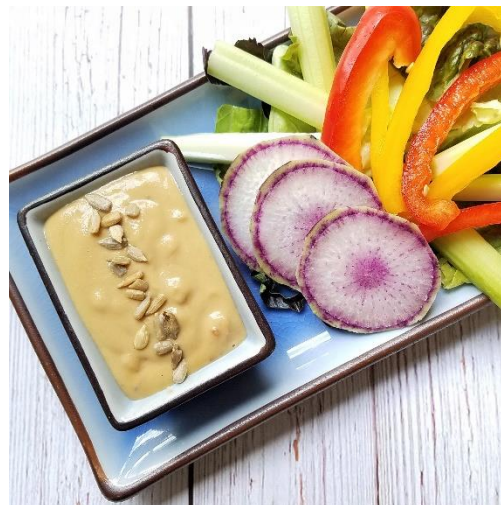


Photo: Love + Craft Kitchen

NOTE: Using fresh, raw garlic gives a more pronounced garlic flavor; using dried garlic powder softens the garlic flavor.

Makes: 2/3 cup sauce

### **INGREDIENTS**

1/3 cup sunflower seed butter, smooth or crunchy (no added sugar)  
1/3 cup coconut or oat milk (no added sugar)  
1 clove garlic, pressed or finely minced (or 1/8 teaspoon dried garlic powder)  
1 tablespoon lime juice  
1 tablespoon coconut aminos or Worcestershire sauce (low sodium)  
2 teaspoons sesame oil  
1 teaspoon white balsamic or rice vinegar  
1/4 teaspoon red pepper flakes (optional)

### **DIRECTIONS**

1. Place all ingredients into a medium-sized mixing bowl. Whisk together until smooth and well combined.

2. Cover and refrigerate sauce for at least 30 minutes to allow flavors to blend. Stir, then serve.

Store unused sauce in a covered container in the refrigerator for up to one week.