

Sesame Almond Butter Zucchini Noodles



Nutrition Information

Calories	335
Carbs	23.5 g
Protein	10.2 g
Fat	25.4 g
Saturated fat	2.9 g
Sodium	1067 mg
Fiber	6.3 g

Spiralized zucchini smothered in a creamy almond butter sauce. A quick, healthy and hearty meal.

Ingredients

5-6 [zucchini](#)

1/4 cup creamy [almond butter](#)

1/4 cup [low-sodium soy sauce](#)

2 1/2 Tbsp [hoisin sauce](#)

1 1/2 Tbsp [hot sauce such as sriracha](#)

2 tsp [sesame oil](#)

1/2 tsp [clove garlic, minced](#)

1/8-1/4 tsp [five spice powder](#)

1/4 tsp [ground ginger](#)

2 Tbsp [olive oil](#)

To garnish [sesame seeds, toasted](#)

To garnish [small scallion, finely chopped](#)

Directions

1. Spiralize zucchini and set aside.
2. In a bowl, whisk together almond butter, low-sodium soy sauce, hoisin sauce, hot sauce, sesame oil, garlic, five-spice powder and ginger, set aside.
3. Add olive oil to pan, then zucchini, and cook over medium heat for 4-6 mins until zucchini is tender.
4. Remove skillet from heat, add sauce, stir to coat. You can drain excess water from zucchini beforehand.
5. Top with garnishes and serve.

[Do it Better Wellness LLC](#)