



Thai Peanut Sauce

Powdered Peanut Butter, Low Fat Coconut Milk and Red Curry Paste

This dip is my low nearly fat free, low calorie take on an Asian classic. Anyone who has ever gone out for Thai food knows what I'm talkin' about with this dip. It's a very traditional dip/sauce, that's a luxuriously thick and creamy dip, made with loads of peanut butter, ultra fatty coconut milk, red curry and other assorted Asian awesomeness. My version uses powdered peanut butter, low calorie coconut almond or soy milk, combined with additional coconut extract.

Ingredients:

- 1-1/2 cup water
- 1 tsp asian chili sauce (like sriracha)
- 1 tsp asian "fish sauce"
- 1 Tbsp reduced sodium soy sauce
- 2 tsp lime juice
- 1/4 to 1/2 tsp red curry paste, to taste (optional)
- 10 Tbsp Powdered Peanut Butter (*that's 1/2 cup + 2 Tbsp*)
- 1/2 cup Almond/Cashew Milk, or low point 'Coconut Beverage', unsweetened... such as: *"So Delicious!" coconut beverage, or "Silk" Almond/Coconut Milk blend.*
- 3 Tbsp 0 point natural sweetener of choice (*stevia, truvia, monkfruit, etc.*)
- 2 Tbsp + 1 tsp cornstarch (dissolve with 2 Tbsp water)
- 1/4 tsp salt
- (optional) 1/4 tsp coconut extract (can be found in the baking aisle, by the vanilla extract)
- 3 peanuts, crushed as garnish (yes.... just 3 single peanuts)

Serving Info.:

Yields: 2 cups
Servings: 8
Serving Size: 1/4 cups



Range

1-1

*- last checked 12/06/21 -
 Use your mobile device's 'Camera' App to
 look at this code for nutritional info.*

Directions:

1. Combine the water, chili sauce, fish sauce, soy sauce, lime juice, curry paste, and coconut extract in a medium sized pot. Stir to combine and begin heating over medium heat.
2. In a separate mixing bowl, whisk together the powdered peanut butter, coconut milk beverage, sweetener, salt and dissolved cornstarch. Then pour into the pot with the curry water. Heat to a simmer, stirring continuously, until the sauce comes to a low boil. It will begin to thicken rapidly, so lower the heat slightly and continue stirring for 3-4 minutes.
3. Remove from heat and pour the mixture into a large bowl or dish to cool for 20 minutes. It will thicken as it cools. But don't ignore it. It will start to develop a firm film on top as it cools, so...
4. Stir the mixture **EVERY 5 MINUTES** to avoid having the top of the dip become a thick solid film. Stirring it every 5 minutes will break up that top film and have it melt back into the hot dip. After doing this 4 times, the top no longer develops that layer. That's just the cornstarch trying to continue thickening and meeting the cool air. It stops after you stir it a few times.
5. Crush the 3 peanuts in a plastic baggy, then sprinkle on top of the sauce as garnish, once plated.

Note: If you cannot find "So Delicious" or "Silk" brand coconut beverage, most grocery stores carry Coconut ALMOND MILK blends, near the almond milk. Use whatever type you can find, as long as it scans for no more than 2 points per cup.

