Peanut Noodle Bowl

PREP TIME: 5-10 MINUTES
TOTAL TIME: 10-15 MINUTES
SERVINGS: 1

INGREDIENTS
- 2-3oz. uncooked soba noodles
- ¼ bell pepper
- 1-2 large carrots
- ½ cup shredded cabbage
- Seeds/nuts (sesame, pumpkin, sunflower, peanuts, cashews, almonds)

Peanut sauce:
- ½ cup peanut butter
- 2-3 Tbsp soy sauce, coconut/liquid aminos, or tamari
- 1-2 Tbsp sweetener of choice: maple syrup, sugar, honey
- Juice of 2 limes (2-3 Tbsp)
- 1 tsp spices (garlic, ginger, powder, and/or chili flakes)
- ~¼ cup water (to thin)

DIRECTIONS

Soba noodles:
1. Add soba noodles to boiling water and cook for 5 minutes (or follow cooking instructions on packaging).
2. Remove from heat and strain water from noodles. Let cool.
3. Noodles can be served hot or cold.
*Cooked soba noodles can be stored in the refrigerator for 3-5 days in a sealed container (Ziplock bags work well).

Peanut sauce:
1. Mix all ingredients together except for the water (using a whisk can help mix the ingredients thoroughly).
2. Add in the water a little at a time until you reach a pourable consistency (or your preferred consistency).
3. Store in the refrigerator for up to 1 week.

Bowl:
1. (Prep ~2-5 minutes) Cut/slice/chop bell peppers and carrots into preferred sized pieces. Recommended: thin slivers or strips.
2. Combine or layer noodles, veggies and seeds/nuts according to your liking. Toss in peanut sauce. Enjoy!

NOTES: Swap the peanut sauce for another favorite dressing, if desired. Swap out the veggies for any of your favorites, or use what you have on hand! In place of soba noodles, try rice noodles, spaghetti or linguini.