



The Nutrition CODE

Asian Lettuce Wraps

Fill lettuce leaves with your choice of the following ingredients:

- Squeezed lime wedges
- Shredded carrots
- Tofu
- Diced cucumber
- Diced avocado
- Bean sprouts
- Noodles
- Peanut sauce
- Braggs liquid aminos
- Peanuts

Peanut Sauce

1 can light coconut milk
3/4 creamy peanut butter
1-2 Tbsp. fresh lemon juice
1/4 cup water, optional
1/2 tsp salt
1/3 cup sucanat (more or less to taste)
1/8 tsp red curry paste (optional)

Heat coconut milk in a kettle on low until it simmers. Then add peanut butter, sucanat, salt, and red curry paste. Simmer on low heat until sauce is well blended and begins to thicken.

Tofu

1 block (14-16 oz) water-packed tofu cut into 1/4 inch cubes
1/2 cup vegan meatless burger crumbles (optional)
1 Tbsp. vegetarian chicken style seasoning
1-2 tsp. extra virgin olive oil
2 Tbsp. toasted sesame oil
2 Tbsp. sweetener
1/2 cup onion, chopped
2 garlic cloves, minced
2 Tbsp. light soy sauce/Braggs liquid aminos
Dash of cayenne pepper (optional)

Sauté onion, green onions, tofu cubes, and burger crumbles in olive oil until the tofu is browned. Add remaining ingredients and cook for 4 – 5 minutes longer.

Fried Rice

Cut in 1/4 inch cubes

1 pound extra firm tofu

Bake at 400 degrees for 25 minutes. Meanwhile, mix the following sauce ingredients:

6 Tbsp. Braggs liquid aminos

2 Tbsp. peanut butter

1/4 cup brown sugar

2 cloves garlic, minced

2 tsp. chili garlic sauce

2 tsp. sesame oil

Place the baked tofu in a bowl and mix in the sauce from above. Set aside and prepare the vegetables. Sauté in a large frying pan:

1 Tbsp. olive oil

6 cloves garlic, minced

1 cup green onion, sliced

3/4 cup peas (fresh or frozen)

3/4 cup carrots, diced small (or replace peas and carrots with mixed frozen vegetables)

Sauté for 5 minutes or until carrots are barely tender. Add to pan:

Baked tofu from above

Sauce from above

8 cups cooked rice (amount is approximate)

Cook in a frying pan until heated through and slightly browned. Serve with additional chili garlic sauce if desired.

Passionfruit Pudding

Place in a bowl:

1/4 cup chia seeds

Blend:

1 can unsweetened full fat coconut milk

1 cup passion fruit pulp (from a Mexican or international grocery store)

1/2 cup maple syrup or sweetener of your choice

Pour over chia seeds. Whisk together immediately to avoid the formation of lumps. Refrigerate until thickened (1–2 hours)





Asian Cucumber Salad

4 cups sliced cucumbers
1 Tbsp. lemon juice
4-5 drops sesame oil (optional)
2 Tbsp. Braggs liquid aminos
2 Tbsp. chopped fresh cilantro leaves
1 clove garlic, crushed
½ Tbsp. finely chopped peanuts or peanut butter
1 Tbsp. roasted sesame seeds
¼ cup finely sliced red onion

Mix all together and serve.