



Ashley's Meal Prep Monday!



Teriyaki Sauce

INGREDIENTS

½ cup coconut aminos
½ cup water
⅓ cup honey or maple
syrup
1 TBSP rice vinegar or
white wine vinegar
1 TSP ginger
6 cloves garlic, minced
1 TBSP cornstarch
1 TBSP water

In a small saucepan, combine coconut aminos, water, honey, vinegar, ginger and garlic. Bring to a gentle simmer over med heat, stirring occasionally.

In a small bowl, whisk arrowroot and water until smooth creating a slurry - set aside.

Once sauce is simmering, whisk slurry once more and pour it into the sauce. Continue cooking while stirring continuously until thickened, about 30 seconds.

Remove from heat and use as desired. Let cool to room temp before refrigerating.



Recipe idea: cookieandkate.com

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