

## Zucchini Noodle Bowl



This recipe is adapted from [Julia McLean, of Natural Balance for Life](#), who offers GAPS support classes.

- 3 medium zucchini, spiralized
- 2 T. animal fat (ghee, schmaltz and duck fat are nice)
- 1/4 c. smooth raw Almond Butter
- 1/4 c. fresh squeezed lime juice
- 1 T. tamari
- 1 small clove garlic, crushed
- 1/2 t. minced fresh ginger (optional)

Melt fat in a medium saucepan, add zucchini and saute for about five minutes, until bright green.

Combine Almond Butter, lime juice, tamari, garlic and ginger in a small bowl. Stir to combine.

Serve the cooked zucchini pasta with a dollop of the almond butter sauce.

