



No Cook Vegetable Stir Fry

Serving Size: 2

Ingredients:

- 1 Zucchini
- 2 Large Carrots
- 1 Bell Pepper
- 1 Cup Red Cabbage
- 1 Cup Sugar Snap Peas
- 1/4 Cup Green Onions
- 3 Tbsp Soy Sauce
- 3 Tbsp Honey
- 1 Tbsp Water
- 1 Garlic Clove (minced)
- 3 Tbsp Lime Juice
- 1/2 tsp Red Pepper Flakes
- 1 Tbsp Sunflower Seeds

Instructions:

1. Wash vegetables thoroughly.
2. Julienne or cut zucchini, carrots, bell pepper, red cabbage and green onions into thin long strips. Try using a large grater to slice zucchini and carrots.
3. Cut sugar snap peas in half.
4. Combine vegetables in large bowl.
5. Sauce: Add soy sauce, honey, water, minced garlic, lime juice and red pepper flakes in small bowl and mix.
6. Stir in sauce with vegetables.
7. Top with sunflower seeds. Enjoy!

Optional: Add your favorite nut butter to the sauce for a Pad Thai taste!