

MAKE-AHEAD TERIYAKI SAUCE

A sweet, savory keto teriyaki sauce to keep on hand for chicken, beef, veggies, and more



INSTRUCTIONS

1. Make the sauce base

- 1/2 cup tamari or coconut aminos
- 1/2 cup water
- 7 Tbsp monk fruit allulose blend
- 2 Tbsp rice vinegar
- 1/2 tsp toasted sesame oil
- 4 tsp minced fresh ginger
- 4 tsp minced fresh garlic (4 cloves)

In a small saucepan, whisk together the tamari, water, sweetener, rice vinegar, sesame oil, ginger, and garlic. Bring to a simmer over medium heat.

2. Thicken

- 1 tsp xanthan gum

Sprinkle in the xanthan gum while whisking constantly to avoid clumps. Continue whisking and simmer 1 to 2 minutes, until slightly thickened — it will thicken further as it cools. Remove from heat and let cool.

3. Store

Transfer to a jar or airtight container and refrigerate. It's ready to drizzle, toss, or glaze whenever you need it.

WAYS TO USE IT

- Pour over diced rotisserie chicken
- Toss with sliced steak and steamed broccoli
- Drizzle over grilled or baked salmon
- Stir into cauliflower rice or riced broccoli
- Use as a dipping sauce for lettuce wraps
- Glaze roasted Brussels sprouts or green beans
- Toss with sautéed shrimp and snap peas

NUTRITION (per tablespoon, makes about 1 1/2 cups)

Estimated

- Calories: 10
- Total Fat: 0g
- Total Carbs: 1g
- Fiber: 0g
- Net Carbs: 1g
- Protein: 1g

STORAGE

Keeps in an airtight container in the fridge for up to 2 weeks. Freezes well in an ice cube tray for portioned use — pop out a cube or two whenever you need it, good for up to 3 months.



Recipe created by Mind-Body Functional Health.
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