

Spicy Peanut Butter Dip

Makes 6 servings

Ingredients:

- 1/2 cup creamy peanut butter
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon rice vinegar or apple cider vinegar
- 1 tablespoon honey
- 1 teaspoon sesame oil
- 1/2 teaspoon crushed red pepper flakes (adjust to taste)
- 1 small garlic clove, minced
- 2 to 4 tablespoons warm water (to thin)



Directions

1. In a medium bowl, whisk together peanut butter, soy sauce, vinegar, honey, sesame oil, red pepper flakes, and minced garlic.
2. Slowly stir in warm water, 1 tablespoon at a time, until the dip reaches your desired consistency.
3. Taste and adjust spice or sweetness as needed.
4. Serve with fresh veggie sticks, grilled chicken strips, or rice crackers.

Fun Food Fact

Peanuts aren't actually nuts. They're legumes, like beans and lentils, and are packed with protein and heart-healthy fats—perfect for seniors looking to support muscle health with a tasty twist.