



Quantum Natural Health Healthy Pad Thai Recipe

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Healthy Pad Thai Recipe

Pad Thai like sauce made with raw almonds or cashews. We have chosen to develop a sauce that replaces the use of peanuts due to their questionable health concern and the common allergic responses that occur. When a nut is raw, it provides valuable, quality protein, oils, minerals and nutrition. Almonds are highly resistant to oil oxidation, preventing the formation of trans fatty acids.

Sauce Ingredients:

2 C Raw soaked almonds or cashews or a mix.

2 tsp. Premier [Tomato Concentrate, Q. \(Powder\) \(10 oz\)](#)

2 Cloves Garlic

1 inch chunk of Ginger

Juice of 2-3 limes

¼ t cumin or a couple drops of [Cumin Oil, Quantum](#)

2-2 ½ TBL. Premier [Sugar Organic Raw](#) or [Honey, Premier Texas Wild Honey](#)

[Pink Salt](#) to Taste

If you enjoy spicy food add a dash of cayenne or a part of spicy pepper

Additional ingredients:

1 Handful of cilantro

1 Package of rice noodles

1 Carrot

2 Sticks of Celery

½ Red bell pepper

¼ Cup additional nuts

Instructions:

1. Boil rice noodles
2. Add all sauce ingredients in a blender and blend until smooth and creamy
3. Spread sauce on prepared rice noodles and mix thoroughly
4. Sprinkle with raw vegetables that have been julienned or finely chopped
5. Garnish with chopped cilantro and chopped nuts

Enjoy!