

For Meats, Veggies, Tofu

Happy Ginger Sauce



Ready in **20 minutes**

Serves **6-8**

Ingredients

- ½ cup minced ginger
- 1 cup chopped cilantro
- ½ cup chopped green onions
- 4 cloves garlic, chopped
- ¾ cup light oil
- 2 tsp salt

Preparation

1. Add all ingredients to the blender.
2. Pulse for 30 seconds.

Tips

You can chop ginger instead of mince it, and add the oil and ginger into the blender first and pulse for 5 seconds, then add remaining ingredients. I love mixing a few tablespoons of this into plain chow fun noodles. I put both in a pan and the fragrance fills your soul with anticipation.

Spiritual Message from this recipe

A sauce like this is the secret to making everything taste good. The secret sauce for a happy life is choosing to be happy now. Happiness comes from within, not from any outside condition or achievement.