

Spicy Garlic Ginger Edamame

Ingredients

- 1 pound edamame in pods (cooked)
- 3 garlic cloves, minced
- 1 tbsp coconut or avocado oil
- 3 tbsp coconut aminos
- 1 dropper of liquid Stevia
- ½ tsp red pepper flakes
- ½ tsp garlic powder
- ½ tsp arrowroot powder
- ½ tsp Himalayan salt



Instructions

Mix together coconut aminos, stevia, red pepper flakes, garlic powder, arrowroot powder and Himalayan salt in a small bowl.

Sauté garlic in prefer, on plan oil in a skillet over medium heat.

Add the edamame to the skillet and pour sauce over the edamame.

Stir for 3-4 minutes until sauce has thickened over the edamame

1 cup of edemame = 1 ounce of protein