

Recipe for



Green Sauce

SERVES 1

PREP TIME/TOTAL
TIME Approx 5 min/ 10 min

NUTRITION INFORMATION

Total Calories 108.4
Fat 2.7 g
Protein 3.8 g
Carbohydrates 21.2 g
Fiber 7.5 g

INGREDIENTS

4 Jalapenos
2 Serranos (may skip, if less spicy desired).
6 Tomatillos
1 red tomato, chop coarsely
1-2 Garlic cloves

DIRECTIONS

-Boil water, add tomato, garlic, tomatillos and jalapenos and boil for additional 10 minutes.

Let everything cool down.

-Add salt to taste.

-Place all ingredients in blender and blend still smooth