

Recipe for



Green Sauce

SERVES 1

PREP TIME/TOTAL
TIME Approx 15 min/ 20 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 Serrano peppers (may skip, if less spicy desired)
6 Tomatillos
1 red tomato, chop coarsely
1-2 Garlic cloves

DIRECTIONS

Boil 1/2 cup of 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