

## Spicy Sweet Noodles

### Ingredients

- 1 large summer squash zucchini
- 1 yellow squash
- 2 tablespoons almond butter
- 2 tablespoons raw coconut amino acids or Braggs amino acids
- 1 small package of anchovy fillets (packed in olive oil only)
- 1 tablespoon minced basil leaves
- 2 teaspoons curry powder
- 1 tablespoon rosemary (fresh) or 1 teaspoon dried
- A pinch of mineral sea salt to taste

### Directions

Take all squash and slice into long, thin strips. Use a vegetable peeler for the best results. These will serve as your noodles- a great, healthy option! Leave the skins on if you like- but aim to remove the seeds. Briefly boil "noodles" for a few minutes- immediately drain with cold water once cooked so as not to overcook.

Combine all ingredients in a large pan and combine to desired mixture.

Serve in a large bowl immediately after preparation. Or, keep in an airtight container in the fridge for several days- the flavors will keep mingling together!

