

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Almond and Garlic Gravy

### Ingredients

*½ cup of pan juices or water*

*1 tbs of almond butter*

*1 tsp of garlic*

*Salt*

*Pepper*

### Method

This is a delicious alternative to processed gravy powders or flour based homemade gravy. If this is to accompany meat or chicken that you have cooked use the juices from your cooked meats.

1. Heat pan juice or water in a fry pan and bring to boil.
2. Add almond butter and garlic and stir.
3. Continue to stir until the mixture has thickened. (Add more almond butter if the liquid is not thickening.)
4. Season with salt and pepper.
5. Serve.

Preparation Time: 2 minutes

Cooking Time: 5 minutes

Serves 4



For more recipes and information on living the low carbohydrate lifestyle find us at:

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