

Chicken Satay Skewers

Serves: 12

Ingredients

- 2 tablespoons smooth peanut butter
- 7 tablespoons soy sauce
- 7 tablespoons lemon or lime juice
- 1 tablespoon Xylitol
- 2 tablespoons curry powder
- 2 cloves garlic, chopped
- 1 teaspoon hot sauce, such as Tabasco
- 6 skinless, boneless chicken breast fillets - diced



Instructions

In a mixing bowl, combine peanut butter, soy sauce, lime juice, Xylitol, curry powder, garlic and hot sauce.

Place the chicken in the marinade and refrigerate. Let the chicken marinate at least 2 hours; overnight is best.

Thread the chicken onto bamboo skewers, then cook for 5 minutes per side on BBQ or under the grill.

Nutrition information:

Each Serving:

Kcal	161
Fat	6g
Net Carbs	4g
Protein	12g