

## Recipe – ChixStix

This is a great recipe for kids, our ADHD kids down to about 6 years old can make this with a little adult help.

### Ingredients:

- Juice of one orange
- 2 tablespoons tamari
- one package chicken breasts, about a pound
- wooden barbecue sticks, soaked in water to reduce burning

### Directions:

Slice the chicken in long pieces

Juice the orange and mix with tamari

Marinate the chicken for a half hour or so

Thread the chicken onto the skewers

Broil just a few minutes on each side til the chicken is just done

### Peanut or Almond Butter Sauce

### Ingredients:

- ½ cup unsweetened peanut butter or almond butter
- 2 TBS wheat free tamari sauce
- 2 TBS rice vinegar or cider vinegar
- 1 tsp toasted sesame oil
- a few drops of hot sauce, or to taste
- hot water

### Directions:

Blend together the first 5 ingredients and stir in just enough water to get the desired consistency for pouring or dipping

Optional variations, add:

- 2 cloves minced garlic
- 1 inch piece minced ginger
- 1 handful chopped cilantro
- 2 teaspoons honey, if sweetening is allowed on your diet