

Coconut shrimp (gluten free)



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health & nutrition

Another gluten-free delight!!! Your kids will not only gobble up these delightful shrimp, but they'll benefit from the high-fiber coconut flour (nearly twice that found in wheat) and the phytochemical rich mangos.

Level: Easy

Total time: 45 minutes

Active time: 45 minutes

Servings: 4

Shrimp

2 C coconut flour
1 tsp garlic powder
1 tsp onion powder
1 tsp salt
Pepper to taste
4 eggs
3 C sweetened coconut flakes
2 dozen large peeled, deveined shrimp

Pineapple mango ketchup

1 TBSP vegetable oil
1/4 C diced onion
1 clove garlic, minced
1 tsp fresh grated ginger
1/2 tsp ground coriander
Salt to taste
1/2 tsp cayenne pepper, optional
1 C diced mango
1 C diced pineapple
3 TBSP rice vinegar
1/2 C brown sugar
Pepper to taste

Shrimp

- Mix coconut flour, garlic and onion powders, and salt and pepper. Place in a shallow tray.
- Whisk eggs and place in a shallow bowl or tray.
- Place coconut flakes in a separate shallow tray.
- Cover shrimp with flour mixture.
- Dip into egg mixture, shake off excess.
- Dip into coconut flakes.
- Place onto parchment paper lined baking sheet.

Fry in batches in oil at 350 degrees until cooked, about 4 minutes, Serve immediately.

Pineapple mango ketchup

- Heat oil in a pan and sauté onion, garlic, ginger, coriander, salt, and cayenne pepper (if using). Add mango, pineapple, and rice vinegar and cook until liquid is evaporated, about 8-10 minutes.
- Place in blender, add brown sugar, and puree (be careful- it's hot!)
- Return to pan and cook on low heat until thickened, stirring constantly, approximately 15 minutes.
- Season with salt and pepper.