

Coconut Crusted Fish

- 100g Almonds
- 2 egg whites
- ¼ cup milk
- Salt and pepper
- 1 cup shredded coconut

1. Mill Almonds and seasoning together for 10 seconds on Speed 10. Set Aside
2. Whisk egg whites and milk for 3 seconds on Speed 6. Set aside.
3. Dip fish or chicken fillets in the almond meal, then the egg mix and finally the coconut. Fry in oil or bake in the oven.