

Piña Colada Shrimp



Makes approx. 20 prawns, 18 cal's per prawn

500 g Raw Shrimp

1 Egg

1/2 cup crushed Pineapple, juice removed

1/4 cup Coconut Cream

1/2 cup Coconut Milk

1/4 cup Coconut Flour

1 cup unsweetened Coconut Flakes

1 pinch Sea Salt

Peel and de-vein the raw shrimp. In a small bowl let the shrimp sit in 1/2 cup coconut milk. While the shrimp are chillin' in their bath set up your plates to coat the shrimp. Coconut flour and salt in one plate, whisked egg in another, and shredded coconut in the other.

Dip shrimp in coconut flour > Then egg > Then shredded coconut

Lay in a baking pan and bake at 180°C for 10-12 minutes. OR fry in coconut oil in a skillet cooking the shrimp on medium high heat for about 2-3 minutes each side

For the sauce, simply blend the coconut cream and crushed pineapple. You can even use the thick part of the canned coconut milk instead.