

Coconut Zucchini Fries

5 ingredients · 20 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with foil and coat with oil.
2. Pour the coconut milk into a small bowl. In a separate bowl, combine the coconut flour and salt.
3. Dip each zucchini strip in the coconut milk, letting the excess liquid drip off. Transfer to the bowl of salted coconut flour and coat well, shaking off any excess flour. Place onto the baking sheet. Bake for 12 to 15 minutes or until golden brown, gently flipping halfway.
4. Remove from oven and enjoy!

Notes

No Coconut Milk

Use eggs instead.

Leftovers

Refrigerate in an airtight container for up to five days. Reheat in the oven for best results.

Additional Toppings

Add paprika, chili powder or spices of your choice to the coconut flour.

Extra Crispy

Substitute half of the coconut flour with breadcrumbs or shredded coconut. Drizzle the zucchini fries with oil prior to baking.

Ingredients

- 1 **tbsp** Coconut Oil
- 1/4 **cup** Organic Coconut Milk (canned, full fat)
- 1/4 **cup** Coconut Flour
- 1/2 **tsp** Sea Salt
- 2 Zucchini (medium, sliced into strips)