



### AMELIE'S FAVORITE FISH STICKS

#### SERVES 4

#### INGREDIENTS

1.5 lbs cod filet (you may also use sole, halibut, or haddock)

2 eggs

1/3 cup almond flour

1/3 cup coconut flour

1 tsp sea salt

freshly grated pepper

1/2 tsp organic garlic powder

1tsp organic ground paprika

optional: avocado oil cooking spray

enjoy with: ketchup or remoulade sauce

#### INSTRUCTIONS

Preheat the oven at 375°F / 190°C. Line a rimmed baking sheet with parchment paper.

Cut the fish into fish stick shapes, about 2.5" in length.

Add the almond flour, coconut flour, salt, and spices to a shallow bowl and mix together.

Add the eggs to a second shallow bowl and beat thoroughly.

Dip the fish into the egg mixture and then transfer them to the almond-coconut flour mixture. Coat evenly and place them onto the baking sheet. Repeat until all of the fish pieces are coated. Spray with avocado oil.

Place the sheets into the oven and bake for 20 minutes flipping the fish sticks carefully over after 10 minutes.

Serve with salad, ketchup, or remoulade sauce.

Guten Appetit!