

# Skinny Coconut Shrimp



**Servings:** 8 • **Serving Size:** 3 shrimp, 1 tbsp sauce

## Ingredients:

- 1 lb (24) large raw shrimp, peeled and deveined (weight after peeled)
- 1/2 cup + 1 tbsp shredded sweetened coconut
- 1/2 cup + 1 tbsp panko crumbs
- 2 tbsp all purpose flour (you will only use 1 tbsp)
- 1 large egg
- pinch salt
- non-stick spray (I used my misto)

For the Sweet and Spicy Dipping Sauce:

- 1/2 cup apricot preserves (you can use sugar free if you wish)
- 1 tbsp rice wine vinegar
- 3/4 tsp crushed red pepper flakes
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## Directions:

- Preheat oven to 425°. Spray a non-stick baking sheet with cooking spray.
- Combine coconut flakes, panko crumbs and salt in a bowl. Place the flour on a small dish. Whisk egg in another bowl.
- Lightly season shrimp with salt. Dip the shrimp in the flour, shaking off excess, then into the egg, then in the coconut crumb mixture.
- Lay shrimp on the cookie sheet then spray the top of the shrimp with more cooking spray; bake in the middle rack for about 10 minutes. Turn shrimp over then cook another 6-7 minutes or until cooked though. Remove from oven and serve with dipping sauce.
- For the sauce, combine all the ingredients and place in a small bowl.