

Eating For A Better You



Asparagus Fries

12 stalks of asparagus, ends trimmed
1 cup fine almond flour
1/2 cup nutritional yeast
2 tsp. red chilli flakes
Juice of 1/2 lemon
1/4 - 1/2 cup melted coconut oil
salt and pepper, to taste

INSTRUCTIONS

Pre-heat your oven to 425F or 200C. In a medium bowl, combine the almond flour, nutritional yeast and red chilli flakes.

Line the asparagus in a baking tray. One by one, dip the asparagus stalk into the coconut oil to cover well.

Dip the coated asparagus into the almond flour mixture and place back onto the baking tray. Once all asparagus are covered, place the asparagus on the middle shelf for 10 minutes.

Remove and allow to cool slightly. Squeeze the lemon juice on top of the asparagus and serve as a snack or a delicious side dish.

