



Sweet Coconut Crunch Shrimp



1/4th of recipe (about 5 shrimp): 164 calories, 4.5g total fat (3g sat. fat), 266mg sodium, 12g carbs, 2g fiber, 3.5g sugars, 19.5g protein

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Prep: 20 minutes **Cook:** 15 minutes



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Ingredients

1/4 cup Fiber One Original bran cereal, finely crushed
1/3 cup shredded sweetened coconut
3 tbsp. panko breadcrumbs
1/4 tsp. chili powder
1/8 tsp. garlic powder
1/8 tsp. black pepper
Dash salt
12 oz. (about 20) raw large shrimp, peeled, tails removed, deveined
3 tbsp. fat-free liquid egg substitute

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

In a wide bowl, mix crushed cereal, coconut, panko breadcrumbs, and seasonings.

Place shrimp in a large bowl and pat dry. Top with egg substitute and toss to coat.

One at a time, shake shrimp to remove excess egg and coat with crumbs. Evenly lay on the baking sheet.

Bake until cooked through and crispy, 10 to 12 minutes. Serve and enjoy!

MAKES 4 SERVINGS

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