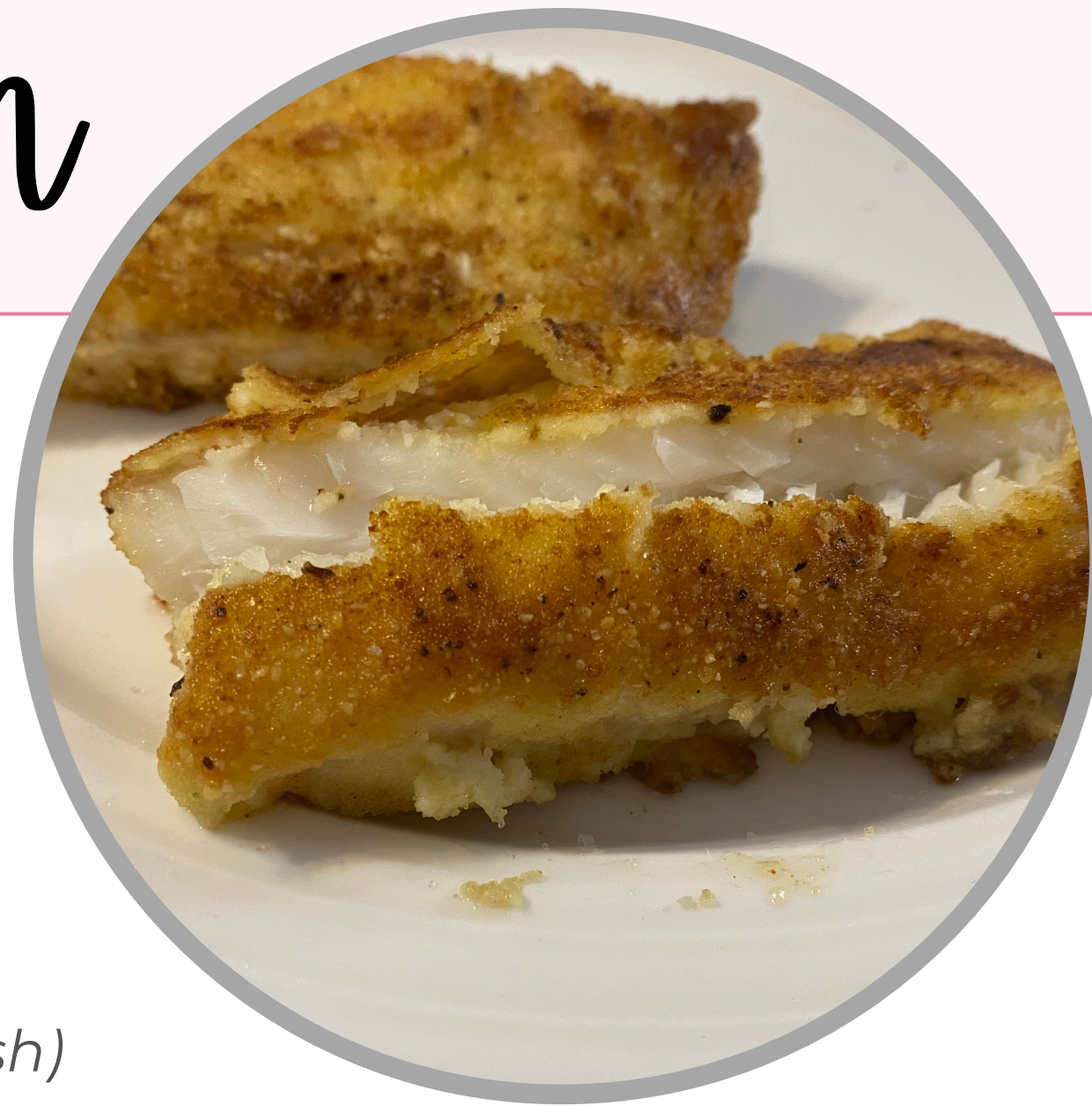


# Battered Cod fish



## Ingredients

For 2 servings

- 2-3 Cod Fillets
- 1/4 cup Whole Wheat Flour
- 1/4 cup Almond Flour
- 2 tsp Himalayan Pink Salt
- 1 tsp Lemon Pepper Spice (*Ms. Dash*)
- 1 Large Egg
- 1/4 cup Egg Whites
- 1 Tbsp Extra-Virgin Olive Oil (*Pan*)

## Directions

1. Combine and whisk together almond flour, whole wheat flour, pink salt and Ms. Dash spice together in a pie dish
2. Measure and add olive oil to pan and let it heat up on medium heat (Let pan get hot, then keep on medium heat)
3. Beat egg mixture in separate dish
4. Dip cod fillets into egg mixture then into flour mixture
5. Add cod filets to pan and rotate until fully cooked!

