

# Cod au gratin

## Ingredients

For 2-3 servings

- 3 Cod Fillets
- 1 Small Onion or Half of Large  
OR 2 tsp Onion Powder
- 100% Olive Oil Spray or Avocado
- 2/3 cup of Almond Milk
- 3 Tbsp Almond Flour
- 1/2 Tbsp Coconut Oil
- 1 tsp Pink Himalayan Salt
- 1/2 tsp Ground Black Pepper
- 55g of Shredded Cheese



## Directions

1. Spray baking dish with cooking spray and preheat oven to 325 degrees
2. Place cod fillets in boiling water (Add 1/2 tsp of salt) Cook until cod flakes!
3. Dice onion into very small cubes while pan heats up with coconut oil
4. Add 1/3 cup of almond milk to pan then diced onions
5. Mix together in mason jar (1/3 cup almond milk, almond flour, 1/2 tsp salt + pepper) and add to pan mixture!
6. Drain fish and place as first layer. Then add half of sauce + layer of cheese (repeat sauce layer and top with cheese)
7. Bake for 20 minutes (Cover for the last 10 minutes)

