

Spicy Coconut Jerky

Prep Time: 25 minutes

Cooking Time: 50-60 minutes, plus marinating time

Serves: 4 servings

Ingredients:

3 Cups	Young Thai Coconut
1/3 Cup	Maple Syrup
1/2 Cup	Coconut Nectar
1/2 Teaspoon	Salt
1/2 Teaspoon	Garlic Granuals
1/4 - 1/2 Teaspoon	Cayenne Pepper
	Black Pepper

Directions:

Crack open coconuts. Save water to drink. Remove coconut meat and place in a bowl.

Rinse coconut meat and check for pieces of shell. Dry meat and place in a large jar or glass container with a tight fitting lid.

Mix maple syrup, coconut nectar, salt, garlic granuals and cayenne pepper in a bowl and pour over coconut meat in jar or container. Let marinade over night or for a minimum of 2 hours

When it is time to bake, pre-heat oven to 300 degrees.

Line a baking sheet with parchment paper and spray with oil. Lay each piece of coconut meat on the baking sheet in one layer, season with black pepper and bake in over for 50-60 minutes.

Let cool and store in an air tight jar.

Note:

The thinner pieces of coconut meat will cook quicker. Check jerky after 40 minutes to make sure the thin pieces are not burning.



Nutrition & Lifestyle Coaching

Wellness

Happiness

Balance

Good Food

Love

Vibrance