

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Caramelized Coconut Chips

From *Well Fed: Paleo Recipes for People Who Love to Eat* by Melissa Joulwan

Makes 1 cup

¼ tsp salt

¼ tsp cinnamon

1 cup unsweetened coconut flakes*

1. Mix the salt and cinnamon with a fork in a small bowl and save for later.
2. Heat a non-stick skillet (I used my cast-iron skillet) over medium-high heat, about 2 minutes. Add the coconut flakes and distribute evenly, so they form a single layer in the bottom of the pan. Stir frequently. They begin to crisp and turn brown pretty quickly. This step only takes about 3 minutes, so pay attention! When the flakes have reached an appealing level of toastiness, remove the pan from the heat.
3. Sprinkle the hot coconut flakes with the salty cinnamon and toss until evenly seasoned. Transfer to a plate and allow them to cool in a single layer for maximum crunch. Store at room temperature in an airtight container.

*Look for the coconut flakes at Whole Foods. You can also find them on amazon at www.amazon.com.