

Malibu Shrimp w/ Pineapple-Mango Salsa

Recipe courtesy of *Diane Henderiks*

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Ingredients:

24 large shrimp; peeled & deveined, tails on

1/4 cup Malibu Rum

Olive oil spray

1/4 cup whole wheat flour

2 tablespoons cornstarch

1/4 teaspoon salt

1/2 teaspoon red chili pepper flakes

1/2 teaspoon seafood dust

4 large egg whites

1teaspoon Malibu Rum

1 cup flaked unsweetened coconut

1/2 cups frosted mini-wheat bites; crushed

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Directions:

1. Place shrimp in a large zip-top bag and pour in Malibu Rum.
2. Lay bag on plate, refrigerate and let marinate at least 2 hours.
3. Preheat oven to 400°
4. Spray baking sheet with olive oil spray. Set aside.
5. Combine flour, salt, and spices in a shallow dish; mix well
6. Whisk egg whites & Malibu Rum rigorously in a medium bowl.
7. Place coconut & crushed mini-wheat bites in a shallow dish.
8. Line up dishes in following order: flour mixture, egg whites, coconut mixture, baking sheet.
9. Dredge each shrimp in flour mixture and dip in egg whites. Press into coconut mixture on both sides.
Place on a baking sheet.
10. Repeat the procedure with remaining shrimp.
11. Mist shrimp with olive oil spray.
12. Bake at 400° for 20 minutes or until shrimp are done, turning halfway.
13. Enjoy!

Serves 4. (Each serving is 6 shrimp)