

PINEAPPLE COCONUT RINGS

5 Serves

\$1.00 Cost per serve

15 MIN Total prep & cooking time



STEPS



Place 1 cup of flour, cinnamon and a pinch of salt in a bowl.



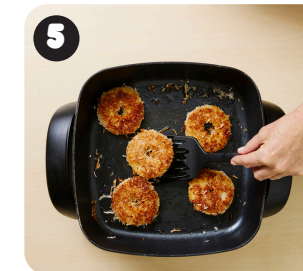
Add ½ cup of soy milk and ½ cup of water. mix batter until there are no lumps and it is well combined.



Heat electric frypan to medium heat and add ¼ cup oil. While frypan is heating, drain pineapple rings and place coconut in a bowl.



Cover pineapple slices in batter and then dip into shredded coconut bowl. making sure they are covered in coconut.



Add pineapple rings into the frypan and cook for 2 minutes on each side. Make sure the coconut turns golden brown.



Serve each ring on a plate with a tablespoon of yoghurt on top (optional).

WHY WE LOVE THIS RECIPE
These tropical treats are delicious all year round.

FOOD WASTE TIP
You can use fresh pineapple, but we prefer to use tins because they lock in nutrients for a long shelf life reducing spoilage.

INGREDIENTS

- ½ cup wholemeal plain flour
- 1 tsp cinnamon
- Pinch of salt
- ½ cup soy milk - reduced fat
- ¼ cup water
- 5 tinned pineapple rings
- 1 cup shredded coconut
- ¼ cup canola oil
- 5 tbsp yoghurt- vegan and reduced fat

EQUIPMENT

- Measuring cups
- Measuring spoons
- Electric frypan
- 2 Mixing bowls
- Spatula

SKILLS

- Measuring
- Mixing
- Pan frying

