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| Fish Cakes  All in one fish cakes made in a muffin tin and baked in the oven. Ingredients:  |  |  | | --- | --- | | 1 cup  2  1 can  ½ cup  1 cup  1 cup  To taste  1 tsp  3 TB  1 tsp | White fish (3 filets) or 2 cans of Tuna ($4-5.00)  Eggs  White Kidney Beans ($1.00)  Frozen chopped onion (thawed and drained) ($.60)  Riced Cauliflower ($2.00)  Riced Broccoli ($2.00)  Lemon Pepper  Garlic Flakes  Flour (coconut flour)  Baking Powder | |  |  |  Directions: Oil your pan lightly and set aside. In a mixing bowl add the drained can of beans and coarsely mash them. Add the eggs, garlic, lemon pepper, and baking powder. Next add your drained onion, drained riced broccoli, and cauliflower and mix. Add your fish broken or cut into smaller pieces and combine. Add your coconut flour a bit at a time until you get the correct consistency. Don’t overfill the muffin tin. Bake in the oven at 350 degrees for about 30 minutes. | Logo  Description automatically generated |
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