

Paleo Flax Seed Tapioca Flour Breaded Fried Green Tomato Recipe

The Ingredients:

- **1/2 cup to 1 cup of Tapioca flour**
(depending on tomato size)
- **1 medium to large Organic Green Tomato**
- **1/3 cup of Grounded Flax Seed**
- **1/4 cup of Almond Milk**
- **1 to 2 medium Cage Free Organic Eggs**
- **Coconut oil for frying**
- **1 teaspoon of crushed Sea Salt**
- **1 teaspoon of crushed Black Pepper**

Instructions:

- 1.) Wash and slice Green tomato into 1/3 sliced thickness.
- 2.) Combine 1/4 cup Tapioca flour, Salt & Pepper, and Grounded Flax Seed in a shallow bowl.
- 3.) Divide the Tapioca Flour mixture in half (for dredging).
- 4.) Combine egg and almond milk, season with salt and pepper to taste, set aside (for dredging).
- 5.) Dredge tomato slices, in 1st-Tapioca flour mixture; dip in Egg mixture, and then dip in 2nd-Tapioca flour mixture.
- 6.) Pour coconut oil to a depth of 1/4 to 1/2 inch in a large cast-iron skillet; heat to 375°. Drop tomato slices in, cook 2 minutes on each side or until golden.

Drain on paper towels or a rack.

ENJOY with favorite sauce.

Sauce shown: Sirarcha Mayo

