

## Coconut Bacon

Okay, so this recipe may not be as exciting to many people, but it is to me, so I'm gonna share it.

I haven't eaten meat in years, although I do eat fish. I've never been one of those people that think bacon is the greatest food on earth, so maybe that's why it was never hard to give up, but sometimes I see a recipe for a salad or something and the bacon seems like it really adds a lot to the recipe. It just has that savory, salty, smoky flavor that compliments a lot of different dishes.

I've tried plenty of fake bacons, and they work in a pinch, but I've never found one that I thought was a good solid replacement. So when I saw one for coconut bacon, I was skeptical, but tried it anyway, and boy am I glad I did.

I made it a few times, and have tweaked it to what I think is just right. I use my Ava Jane's Kitchen extra-virgin avocado oil, Colima sea salt (ground in a grinder) and it comes out perfectly. It has a sweet, smoky flavor, and even the texture is pretty close to bacon bits. Some pieces are crispy, and some have more of a chew to them. I haven't had real bacon in a long time, so this might not satisfy a new vegetarian, but I'm hooked. I've used it on salads, sprinkled on soups, and mac n cheese. If you eat it as is, it has a slight coconut flavor, but anywhere else, it tastes like bacon.

If you try this, make sure you buy big flakes of unsweetened coconut that are not toasted. You're going to bake it, and coconut is very easy to burn. Also, *smoked* paprika instead of regular. I accidentally made it with hot once, and it really makes a difference.

This is seriously super easy, and is perfect for adding bacony goodness to just about anything.

### Ingredients:

- 1 cup large flaked unsweetened coconut
- 2 tablespoons Ava Jane's Kitchen extra-virgin avocado oil
- 1/2 tablespoon soy sauce
- 1 teaspoon smoked paprika
- 2 tablespoons brown sugar
- 1 teaspoon liquid smoke
- 1/4 teaspoon Colima sea salt, crushed or ground
- 1/2 teaspoon coarse black pepper

### Directions:

Preheat oven to 325 degrees F.

Toss all of the ingredients in a large bowl and mix well to coat. Lay on a parchment lined

baking sheet being careful not to crowd your pan.

Bake for 5 minutes, remove from oven and stir well. Bake another 5 minutes, stir again, and bake for about 3 more minutes, watching it carefully so it doesn't burn.

Remove from oven and allow to cool completely. Store in an airtight container.