

Coconut Crusted Green Beans With Garlic Cashew Dip

Prep Time: 20 Min Cook Time: 17 Min Total Time: 37 Min
Serves 4

Green Beans

2 eggs

1 teaspoon garlic powder

1 teaspoon onion powder

1/2 teaspoon sea salt

12 oz. green beans, trimmed

1 1/2 cup unsweetened shredded coconut

Dip

1 cup cashews, soaked for at least 30 minutes

2 tablespoons coconut oil, melted

1/4 teaspoon sea salt

1 teaspoon garlic powder

3+ tablespoons water

Instructions

- 1 First things first. If you haven't done so already, soak your cashews. They need to soak at least 30 minutes, and the longer they soak, the creamier the dip will be.
- 2 Preheat oven to 400F.
- 3 In a bowl, whisk together the eggs, garlic powder, onion powder, and salt.
- 4 Take a handful of green beans and coat them in the egg mixture.
- 5 Place 1/2 cup of the shredded coconut in a separate bowl. I noticed the coconut sticks to the beans best when it is nice and dry. This means, if you put all the coconut in the bowl at once, it'll get wet from the egg mixture dripping off the green beans and your coconut crusting won't be as effective.
- 6 After the green beans are coated, place them on the lined baking sheet in a single layer.
- 7 Repeat this process, adding more coconut shreds to the bowl 1/2 cup at a time, as needed.
- 8 Bake your beans for 15 minutes.
- 9 Then, broil on high for an additional minute and a half as needed.
- 10 While the beans are baking, in your food processor, combine the soaked cashews (discard the water), coconut oil, sea salt, garlic powder, and water. process for 30 seconds to 1 minute.
- 11 Scrape down the sides and process for an additional 10 - 30 seconds.
- 12 Add more water, 1 tablespoon at a time, until it has the consistency you like.
- 13 I'm a thick dip kind of girl, but you do you!
- 14 Plate your green beans and transfer the dip to a bowl.