

COOKING IN KETOSIS



with Laura

Keto-Easy Scrimp Tacos with Scrimp Taco Sauce

Ingredients:

- 1 lb frozen cooked scrimp
- 2 cloves of garlic, minced
- Old Bay Seasoning
- Garlic Powdered
- Onion Powdered
- Shredded Coleslaw
- Thinly sliced red onion
- Avocado, cut in chunks
- 5 low carb flour tortillas
- 1 Teaspoon Coconut oil



Directions:

- *Thaw scrimp and pat dry. Place coconut oil in frying pan and turn heat to medium high. Add scrimp, minced garlic, onion powdered, and Old Bay seasoning. Stir fry till cooked through and hot.
- *While scrimp is cooking fry flour tortillas on each side and keep warm.
- *Each flour tortilla add shredded coleslaw, sliced red onion, cooked scrimp, avocado, and drizzle scrimp taco sauce over it and a little fresh squeezed lime juice Enjoy!

Scrimp Taco Sauce

Ingredients:

- 3/4 cup sour cream
- 3 teaspoons Sriracha sauce
- 2 teaspoons fresh lime juice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powdered
- 1/4 or 1/2 teaspoon Old Bay Seasoning
- *Combine all ingredients and mix well.

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