



Sticky Jackfruit Wings

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6 Servings per recipe

Serving size: 166 g

1 g Protein per serving

220 Calories per serving

Ingredients:

Batter:

- ½ cup Cambrooke Foods Baking Mix
 - 1 cup non-dairy creamer or rice milk
 - 1 tsp granulated garlic
 - Salt and pepper to taste
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- 1 20oz can Jackfruit in brine, well rinsed and patted dry
 - 1 cup Lo-protein breadcrumbs of choice

Sticky Sauce:

- 6 oz coconut aminos
 - 3 Tbsp brown sugar
 - 1 Tbsp Fig Butter (can be found at Trader Joes and Fresh Thyme Stores)
 - 2 cloves garlic, minced
 - 1 Tbsp Cornstarch
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- Sliced green onions for garnish

Directions:

1. Preheat oven to 400 degrees Fahrenheit. Line a baking sheet with foil and spray with cooking spray.
2. While oven is heating up combine the baking mix, garlic, salt and pepper, and non-dairy creamer in a shallow bowl. Whisk until well combined. In another shallow bowl add the breadcrumbs.
3. Place the jackfruit pieces first into the batter and make sure to coat them well. Then coat the battered jackfruit in the breadcrumbs and place on prepared baking sheet. Place the jackfruit into the oven. Bake until well toasted, about 20-25 minutes. Be sure to turn the jackfruit over half way through baking time to ensure even toasting.
4. While the jackfruit is baking, make the sauce. Combine the coconut aminos, brown sugar, fig butter, garlic, and corn starch into the 2-cup measuring cup. Lightly whisk to combine. Place measuring cup into the microwave and heat for one minute. Carefully remove from microwave and stir. If not thickened much, then return to microwave for 30 second intervals until the sauce thickens enough to coat the back of a spoon.
5. Once the jackfruit is nicely toasted, remove from oven. Using a basting brush, lightly brush each piece of jackfruit with the sticky sauce. Be sure to coat all sides of the jackfruit. Return to oven for about 5 minutes, enough time to make the sauce caramelize a little. Remove from oven and allow to cool for 2 minutes. Garnish with green onions and serve!