

 Prep: 10 minutes

 Cook: 5 minutes

 4 servings

Seafood glaze/marinade

Ingredients

for 4 servings

- 1 tablespoon** avocado oil
- 2 tablespoons** soy sauce
- 1 teaspoon** Dijon mustard
- 1 3-4** Tablespoons lakanto gold
- 1 ½ teaspoon** lime juice
- 2 teaspoon** minced garlic
- 1 teaspoon** ground ginger
- 1 tablespoon** sugar free maple syrup
- ¼ teaspoon** molasses (*optional, but adds a depth of flavor*)

Conversion: *No conversion*

Steps

1. When used as a marinade: mix all ingredients and place seafood in sealed container overnight occasionally stirring to coat all sides When used as a glaze, after cooking seafood, add to skillet and stir. Reduce over medium heat. Return seafood to skillet and spoon glaze on top.