

## Fish cookies secret recipe

- Trout fillet, 2 pieces
- Water H<sub>2</sub>O or AquaLife<sup>®</sup>, 100 ml
- ~~Cauliflower, 100 g~~
- Powder, 1 cup
- Salt
- Cream, 200 ml

### *Instruction:*

1. Wash, dry and cook trout **10 minutes**
2. Grind the fish in a blender, mix with cream and flour
3. Form cakes and bake in the oven for 20 minutes at **180 degrees**