**Tempura**

**Dinner Ingredients:**

2 cups of carbonated (fizzy) water

1 cold egg

1 cup of rice flour\*

½ cup of buckwheat flour\*

1 teaspoon of baking soda

1 teaspoon of Salt (Optional)

Vegetables of your choice or shrimp

Tip: Keep everything as cold as possible.

\*If you don’t have buckwheat flour or rice flour then all purpose gluten free flour will work.

Recommended Vegetables: Peppers, eggplant, mushrooms, zucchini, sweet potatoes, cauliflower, or carrots. If I am using vegetables like sweet potatoes, cauliflowers, or carrots I boil or steam them for 5 minutes before I use them - the rest I just leave raw before frying them.

**To turn this into a desert dough add**

1-2 tablespoon of cinnamon

1-2 tablespoon of sugar

Banana, peers, or pealed sliced apples

**Instructions:**

Keeping all the ingredients cold, whip the water and the egg together in a large bowl. Add in the rice flour, the buckwheat flour, the baking soda and the salt. If you’re making the dessert version add the cinnamon and sugar in.

For dinner tempura dips your vegetables, shrimp or fruit.

Fry in a pan or using a fryer until golden brown. Eat!