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Ingredients: 1 1/2 cups unsweetened shredded coconut. 1/2 teaspoon plus 1/2 teaspoon salt. 3/4 teaspoon plus 1 teaspoon ground cayenne pepper. 1 cup canned crushed pineapple, sugar-free, packed in its own juice (DO NOT USE FRESH PINEAPPLE!). 2 tablespoons coconut aminos or homemade substitute. 1 1/2 teaspoons dried ginger

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