

CHICKEN STRIPS

INGREDIENTS

1 pounds chicken breast strips

2 eggs, beaten

2 tbsp almond milk

3/4 cup keto "bread" crumbs

1/2 cup almond flour

1 tsp garlic powder

sea salt and pepper

seasoning salt

PROCEDURE

In air fryer

Place beaten egg and almond milk, almond flour mixed with seasonings, and "bread" crumbs in separate bowls.

Paint bottom of air fryer with coconut oil.

Dip chicken in almond flour, then the egg wash, and roll in "bread" crumbs until well coated.

Place in air fryer and cook at 375 degrees for 7-8 minutes. Flip the chicken and cook for an additional 5-7 minutes.

If baking in oven preheat oven to 400 degrees and bake 20-25 minutes.

***Optional for Buffalo Chicken Strips**

1/2 cup Frank's Red-Hot Sauce

1/2 tsp butter

While chicken is cooking, warm buffalo sauce in a small sauce pan and whisk in butter.

Remove chicken and place in bowl - toss chicken in buffalo sauce until well coated.

NATURAL HEALTH

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