

Almond Flour Chicken Nuggets

1 lb boneless, skinless chicken tenders
1 cup almond meal
1 tbsp paprika
½ tsp garlic powder
1 tsp cumin
1 tsp cayenne pepper
1 tsp black pepper
1 tsp sea salt
2 eggs, lightly beaten
olive oil

1. Fill bottom of skillet with olive oil and turn heat to medium.
2. Dredge chicken into egg and then coat with almond flour mixture.
3. Drop chicken in hot oil cooking about 2-3 minutes each side.