

Coconut and Macadamia Crusted Chicken Tenders

INGREDIENTS:

- 1 lb chicken breasts, cut into 1-2" strips
- 1 egg
- 2 T coconut milk
- 1 cup macadamia nuts
- 1 cup finely shredded unsweetened coconut
- 1 tsp. Salt
- 1 tsp. Garlic powder

PROCESS:

- Preheat the oven to 350 degrees and line a baking sheet with parchment paper.
- In the bowl of a food processor, pulse the macadamia nuts, coconut shreds, salt, and garlic powder until a fine meal formed. Be careful not to over-process or it will start to turn into a nut butter! Transfer to a wide, shallow bowl.
- In a separate bowl, whisk together the eggs and coconut milk until well combined.
- Dip each chicken tender into the egg mixture and then into the coconut/macadamia mixture, being sure to coat all sides. Place tenders on the parchment lined sheet.
- Bake at 350 degrees for about 15-20 minutes until chicken is cooked through and coating is starting to brown.

ENJOY!

From: wholedailylife.com

