

Chili Lime Crispy Chicken Tenders

INGREDIENTS:

8 chicken tenders (or chicken breast sliced into strips)
1 cup almond flour
2 eggs
½ lime, juiced
1 tsp. Sea salt
1 tsp. Freshly ground pepper
1 ½ tsp. Chili powder
1 tsp. Smoked paprika

PROCESS:

Preheat the oven to 450 degrees F. Line a baking sheet with parchment paper. Mix the almond flour with the sea salt, pepper, chili powder, and paprika in a medium bowl. In another bowl, add the eggs and lime juice, whisk together. Coat each chicken piece in the egg mixture, followed by rolling in the almond flour mixture, and place on the baking sheet. Bake for 12 minutes, then flip, and bake for another 12 minutes until golden brown.

TIP: Serve with BBQ sauce or Ranch dressing

ENJOY!

From: healthylittlepeach.com

