

Almond Crusted Chicken

INGREDIENTS:

1-1 ½ lbs chicken thighs

½ cup almond flour

⅔ cup whole almonds

1 tsp salt

1 tsp paprika

1 egg

PROCESS:

Preheat the oven to 425 degrees F.

Add almonds to the food processor and pulse until they are in smaller pieces.

Mix together almond flour, almonds, salt, paprika, and pepper and place in a wide bowl.

Crack 1-2 eggs and mix with a splash of water in a separate wide bowl.

Take the chicken and dip both sides in the egg wash and then in the almond mix and place on a baking sheet covered with foil. Repeat for all chicken.

Bake in the oven for 30-35 minutes.

ENJOY!

