

RECIPE

Chicken Nuggets

(Grain-free, gluten-free)



Created by Leah Grace Barack, M.S.

Grace Functional Nutrition

www.gracefunctionalnutrition.com

@gracefunctionalnutrition

Ingredients

- 1 lb chicken breast or chicken tenders, cut into 1-inch nugget pieces
- 1 large egg, or 2 small eggs
- 1-2 Tbs nut milk
- ½ cup almond flour
- ½ cup coconut flour
- 2 Tbs tapioca flour
- 1 tsp onion powder
- 1 tsp garlic powder
- ¼ tsp salt
- ¼ tsp pepper
- Avocado oil spray

Preparation

1. Preheat the oven to 415 and prepare the baking sheet with parchment paper or wire rack on top of a sheet pan (preferred for extra crisp!).
2. In a small shallow bowl, whisk the egg and nut milk.
3. In a separate shallow bowl add dry ingredients (flours, onion powder, garlic powder, salt, pepper).
4. One by one drop chicken in egg mixture, shake off excess egg, and then dip in dry mixture so it is fully covered and place the nuggets on the wire rack or sheet pan far enough apart so none of them are touching.
5. Once they are on pan spray each nugget so it's covered in oil.
6. Place in the oven and cook for 20-25 min or until cooked through, flipping halfway if not using a wire rack (and spray w/ more avo oil). You have the option to broil for the last 2-3 minutes if you want a crispier, browned top.
7. Remove from oven, let cool and eat immediately.