

# Low-Carb Chicken Fingers

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## Ingredients

Coconut Flour – approximately  $\frac{1}{4}$  cup  
Almond Meal – approximately  $\frac{1}{2}$  cup  
1 large Egg, beaten  
Olive Oil – in an oil sprayer  
3 Chicken Breasts

## Method

Preheat the oven to 200°C

Cut the chicken breasts into strips 3-4 cm wide (approximately 3 strips per breast).

In three separate plates place the coconut flour, beaten egg, and almond meal.

Dip and coat the chicken strips firstly in the coconut flour, then the egg mixture, followed by the almond meal.

Place the chicken on a baking tray and spray lightly with oil

Cook in the oven for 18-20 minutes, or until cooked through.