



cara price

SHAKE & BAKE CHICKEN NUGGETS

INGREDIENTS

- 2-1/2 pounds chicken thighs, boneless, skinless - trim & cut into 2" pieces
- 1 cup almond flour
- 2 tablespoons coconut flour
- 2 teaspoons each: salt & dried basil
- 1-1/2 teaspoon garlic powder
- 1 teaspoon each: onion powder & smoked paprika
- 1/2 teaspoon dried ground mustard
- 2 tablespoons olive oil

DIRECTIONS

preheat the oven to 400°.

in a medium size mixing bowl, combine flours & seasonings. drizzle olive oil into bowl & give it a quick stir until it is completely moistened.

transfer flour mixture to a large {gallon} size baggie. place chicken pieces in baggie & seal well. give it a good shake & toss until all the chicken looks completely coated.

place chicken pieces on a baking sheet lined with parchment paper.

bake 20 minutes.

serve immediately with honey mustard dipping sauce if desired