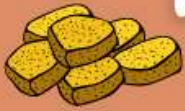


Ashley's Meal Prep Monday!



Healthy Chicken Nuggets



INGREDIENTS

2 lbs ground chicken
1 1/2 TSP salt
1 large egg
3 TBSP coconut flour
1 cup ground crackers (1 box
Simple Mills crackers)

Preheat oven to 415 and line a cookie sheet with parchment paper

Blend the crackers (or smash them in a ziplock bag) then place in a small bowl.

In a large bowl, combine chicken, salt, egg and coconut flour. Mix until combined. Using a tablespoon, scoop out balls and form into nugget shapes. Dip into the crumb mixture, coating all sides, and place onto parchment paper. Repeat until all the meat is used.

Spray lightly with some coconut/olive oil and bake for 17-ish minutes.

Should make roughly 50 nuggets. Serve with your favorite dipping sauce!



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