

Healthy Chicken Fingers

(From [Elana's](#) cookbook "the gluten free almond flour cookbook")

Our kids love these!

INGREDIENTS: (for 2 breasts cut into strips)

2 organic, free-range chicken breasts, rinsed, patted dry and cut into 2 inch wide strips

1 cup fine almond flour

1 tsp sea salt (add other herbs or spices as desired)

2 large eggs

4 tbsp coconut oil

-in a medium bowl combine almond flour and salt and any other herbs or spices

-in another bowl whisk the eggs

-dip each strip into the egg, then coat with almond flour mixture

(*TIP* use tongs for this process or one hand for wet bowl, one for dry bowl)

- heat the coconut oil on medium high heat in a skillet

-saute each strip for 3-6 minutes per side until golden brown and juice inside is clear

-transfer onto paper towel