

# Spicy Paleo Chicken Tenders

---

Servings: 2-3      Difficulty: easy

## Ingredients:

- 2 chicken breasts
- 1 egg
- 1/3 C arrowroot powder
- 2 T *Hot & Spicy marinade* (*The New Primal*, or your GF spicy marinade of choice)
- 1/2 C shredded unsweetened coconut
- 1/2 C almond flour or meal
- Salt/pepper to taste

## Directions:

1. Assemble three bowls: the first with the arrowroot powder, the second with the egg + marinade whisked together, and the third bowl with the almond flour and coconut mixed together (add salt and pepper into this bowl if you'd like)
2. Cut your chicken breasts into desired sized tenders, and dip into each bowl in the above order
3. Transfer to your air fryer (depending on how big your fryer is, you may have to work in batches) and air fry at 400 ° F for 10-12 minutes,

flipping halfway through

*\*To make plain chicken tenders, leave out the spicy marinade, just use the whisked egg!*

*\*You can use cornstarch instead of arrowroot, just make sure it's a gluten-free variation*



*Please tag me on instagram [@celiacsweetie](https://www.instagram.com/celiacsweetie) if you make these, or comment on this blog– I would love to see your recreations! Also please reach out if you have any questions about the recipe.*

*xo, Celiac Sweetie*

