

### KETO CHICKEN STRIPS

(Courtesy Sally-Ann Creed)

Ingredients:

1/2 cup almond flour

1/2 cup parmesan cheese

Herbs and spices (paprika, parsley, garlic, salt, onion powder, basil)

3 or 4 eggs

2 Tablespoons butter

Method:

Mix the eggs in a bowl

In a separate bowl, mix all the dry ingredients

Coat the chicken strips in the egg, transfer to the bowl with dry ingredients, and coat all the sides of the chicken strip

Place coated chicken strips into a baking pan

Melt butter, pour over the chicken strips

Bake in the oven for 30 minutes at 180 degrees C.