

Baked Salmon Nuggets

Ingredients

- 1 fillet wild-caught salmon
- 1 egg
- 1/2 cup ground oats or almond meal
- 1 tsp garlic powder
- 1/2 tsp paprika
- Olive oil spray

Instructions

1. Cut salmon into cubes.
2. Dip in egg, coat in oat mixture.

3. Bake at 375°F for 15 minutes.

Health Benefits

Omega-3s for brain development, high-quality protein.