

Flax-Crusted Baked Chicken Tenders

Ingredients

- 2 boneless, skinless chicken breasts, cut into strips
- 1/2 cup ground flaxseed
- 1/4 cup almond flour
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 2 eggs, beaten
- Olive oil spray (optional)

Instructions

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a shallow bowl, mix ground flaxseed, almond flour, garlic powder, paprika, salt, and pepper.
3. In another bowl, beat the eggs.
4. Dip each chicken strip into the egg, then coat with the flaxseed mixture.

5. Place the coated tenders on the baking sheet. Spray lightly with olive oil if desired.
6. Bake for 20–25 minutes, flipping halfway through, until golden brown and cooked through.

Benefits

- High in lean protein to support muscle repair
- Rich in omega-3s from flaxseed
- Gluten-free and low in carbs
- Baked instead of fried for a healthier option