Paleo Air fryer Chicken Tenders

Ingredients:

2 Lbs. thin cut chicken breast

1 ½ Cups Almond Flour

4 TBSP Tapioca Flour

1 ½ TSP Garlic Powder

1 TSP Sea Salt

½ TSP Pepper

1 TBSP Nutritional Yeast (optional- but it contains lots of vitamin B)

1 Egg

1 TBSP Almond Milk

Directions:

Cut chicken into 1-inch strips.

In a shallow bowl whisk the egg with the almond milk.

In a large plastic bag combine the almond flour, tapioca flour, garlic powder, salt, pepper and nutritional yeast together.

Dip the chicken strips into the egg mix and then place into the bag. Shake the bag to coat the chicken completely.

Preheat the air fryer to 400 degrees and lightly grease with coconut or avocado oil.

Place enough of the chicken strips into the basket that it is full but that the chicken is not touching. Fry for 5 minutes and then flip and fry for another 5 minutes.