



PROJECT: GET IT DONE TOGETHER

Healthy Baked Chicken Tenders with Honey Mustard Sauce

Adult Supervision Required | Gluten free, dairy free

Ingredients:

- 1/2 cup Dijon mustard
- 1/2 cup Honey
- 3 tbsp Mayonnaise
- 1 tbsp Brown mustard seeds (optional)
- Salt & pepper
- 1.5 lbs Raw chicken tenders
- 3 Large eggs
- 1 cup Almond flour
- 1 tsp Salt
- 1 tsp Paprika
- 1 tsp Onion powder
- 1 tsp Garlic powder
- Freshly ground pepper
- 2 cups Shredded unsweetened coconut

Instructions:

1. In a small bowl whisk together ingredients for honey mustard dipping sauce. Can be made ahead and stored for up to a week.
2. Preheat oven to 425°F. In a small bowl whisk three eggs. In a second bowl whisk together almond flour, salt, paprika, onion powder, garlic and pepper breaking up any clusters of almond flour. In a third bowl add the shredded coconut.
3. Lightly salt the chicken tenders with sea salt. Working with one chicken tender at a time dip into the eggs, then the almond flour mixture, back into the eggs and then finally into the coconut mixture. Continue with all chicken tenders and arrange on a lightly greased baking dish.
4. Bake for 20 minutes until golden brown. Serve with honey mustard dipping sauce and enjoy!

Makes 8 servings