



Coconut Air Fried Chicken

Do you smell that? It's the smell of coconut flakes filling your home with a sweet aroma. One bite of this and your taste buds will thank you for taking them on a tropical vacation!

Ingredients:

- 1/2 cup coconut flour
- 1/4 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 3 large eggs, lightly beaten
- 3 cups of sweetened coconut flakes
- 3 to 4 medium boneless, skinless, chicken breasts, cut into strips or nuggets

Directions:

- In the first bowl, mix coconut flour, salt, pepper, and cayenne pepper. Set aside.
- In a second bowl, add 3 eggs and lightly beat.
- In a third bowl, add coconut flakes and prepare station for breading.
- Take chicken pieces (which we marinated in pineapple juice and soy sauce for added flavor) and cover them with the coconut flour mixture followed by the egg. Afterwards, dip the pieces in the coconut flakes and set them aside on a separate platter. Repeat until you have breaded all the chicken.
- Preheat the air-fryer to 400°F for 5 minutes.
- Place chicken nuggets in a single layer and cook for 4 minutes.
- After the timer goes off, open the air-fryer basket and flip all the pieces onto their other side. Air-fry for another 4 minutes.
- Plate the chicken and garnish with pineapple chunks.
- Enjoy!

“Outside of your comfort zone is where the magic happens.”

