

Gluten-Free, Casein-Free Chicken Fingers

INGREDIENTS:

- 2 chicken breasts, cut into small pieces
- 1 cup almond flour (instead of corn-based breadcrumbs)
- 1 egg (or flax egg for egg-free)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon paprika
- Salt and pepper to taste

INSTRUCTIONS:

1. Preheat the oven to 400°F (200°C).
2. Whisk the egg in one bowl. In another bowl, combine almond flour, garlic powder, onion powder, paprika, salt, and pepper.
3. Dip each chicken piece into the egg, then coat with the almond flour mixture.
4. Arrange the coated chicken pieces on a baking tray and bake for 15-20 minutes, turning halfway through.

NOTES:

- Breadcrumbs: Instead of cornmeal or wheat flour, use almond flour or gluten-free rice crackers as a breadcrumb alternative.
- Soy-free: Ensure the chicken is free from soy protein and corn syrup, and avoid processed marinades.