Chicken Tenders

(Adapted from the real food diet cookbook by Dr. Josh Axe)

Ingredients:

2 eggs

Italian seasoning

Sea Salt

3-4 pieces of chicken breasts cut into strips

Oatmeal

Ground flax seeds (optional)

Coconut oil for frying

In one bowl, beat two eggs together with Italian seasoning and sea salt. In another bowl, mix together oatmeal and a small amount of ground flax seeds. (I added ground flax seeds because they are good for you and this is one easy way to sneak it in our dinner) Next, pour a generous amount of coconut oil in pan and bring to medium heat. Last, dip chicken strips in the egg mixture first then the oatmeal mixture before frying in the heated coconut oil. Flip chicken once. Check for doneness and enjoy!



\*I am an experimental cook in the kitchen; therefore, I may not add the exact amounts of ingredients or specific recipe instructions used. I encourage you to be a creative cook and enjoy adding your own personality to your dishes!