

CHICKEN NUGGETS

INGREDIENTS: 4 boneless skinless chicken breasts 2 tbsp. Flavor Gods Cheese Seasoning 2 tbsp. Flavor Gods Cajun Lover Seasoning Ground Oatmeal (your serving size X 4)

INSTRUCTIONS:

- Mix Flavor Gods (or seasonings of your choice) with ground oatmeal
 - Place oatmeal mixture in a large ziploc bag
 - Cut up chicken breasts into cubes and dip in egg whites.
 - Place in the ziploc bag and shake up until fully coated.
 - Bake on foil or parchment paper at 350 degrees for 18-20 minutes (best consistency if flipped halfway through baking).
- For dipping sauce, mix plain non-fat greek yogurt with Cholula or Tapatio and enjoy!