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# Healthy Chicken Nuggets



## Ingredients

2 raw chicken breasts  
4 tbsp liquid egg whites (or 2 eggs)  
4 tbsp almond powder  
1 tsp garlic powder  
1 tsp onion powder

## Preparation

- 1 First, preheat the oven to 180 degrees.
- 2 Cut the raw chicken into small bitesize pieces.
- 3 In a big bowl mix the almond powder, garlic powder, and onion powder.
- 4 Dip the chicken pieces one by one into the egg whites and then roll them in the almond powder mixture until fully coated.
- 5 Place it on a baking tray coated with a nonstick spray.
- 6 Once you've coated all of the chicken pieces, bake them at 180 degrees for 20 minutes.
- 7 If you want to crisp them up a bit pop them under the grill for 5 minutes.

## Cooks Note

Serves: 2

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