Posted on 20 August 2013

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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