# Grain-Free Spicy Chicken Tenders

Gluten-Free, Grain-Free, Nut-Free, Dairy-Free, Egg-Free

## Ingredients

- 2 lb. chicken tenders
- 4 eggs (or 1 cup olive oil)
- 2 Tablespoons buffalo sauce (we love Noble Made by The New Primal!)
- Salt and pepper, to taste

**Breading Mixture**

- 1 cup Otto's Naturals - Cassava Flour
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon paprika
- 1 teaspoon cayenne pepper
- 1 teaspoon salt
- ½ teaspoon pepper

## Instructions

1. Preheat oven to 425°F.
2. Pat dry chicken tenders and season with salt and pepper.
3. Whisk eggs and hot sauce in a large bowl.
4. Add cassava flour and seasonings in another large bowl and mix together.
5. One at a time, dredge the chicken tenders first in the egg mixture and then in the cassava flour mix. Place on parchment paper lined baking sheet and spray each one with a little cooking spray, which will help make them brown and crispy.
6. Place the tray on top shelf and bake for 8-10 min. Turn broiler on high and cook tenders for an additional 3 min.
7. Flip tenders and bake at 425°F for 2-4 min, then cook on broil for an additional 3 min. Remove from oven and let cool. If you like it saucy, toss in buffalo sauce, dip in ranch and enjoy!

*__Note__: Feel free to omit seasoning and/or hot sauce if you're not one for spice.