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# THE **CrossFit** *kitchen*

**K I D S**

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Sweet Cheeks Headquarters

## LIL' NUGGETS

by Sweet Cheeks Headquarters

### overview

Chicken nuggets are one of the most popular kids foods. What kid doesn't like breaded chicken that's fried and then dipped in a favorite sauce? These nuggets are easy, and your kids can help shape the nuggets themselves. If your kids don't like onions, just omit them. You can also add other vegetables such as red peppers or carrots in the mix and you've got rainbow chicken nuggets!

Makes 8 servings of 2 nuggets each

### blocks

3 protein blocks

6.5 fat blocks

### ingredients

#### **chicken nugget inners**

1 lb. boneless, skinless chicken breasts

¼ onion

1 tsp. salt

½ tsp. chili powder

1 tsp. oregano

1 tsp. garlic granules

#### **breeding**

¼ cup almond meal

¼ cup coconut flour

¼ cup macaroon coconut

2 eggs

¼ cup coconut oil

#### **Notes**

Serve with 2½ cups of broccoli and half an apple for 3 carbohydrate blocks.

### directions

1. Preheat frying pan with coconut oil on medium/high heat.
2. Mix your almond meal, coconut flour and macaroon flour in a shallow dish and set aside.
3. Beat your eggs in a shallow bowl and set aside.
4. Cube chicken breast and put onion and chicken in a food processor. Process until smooth.
5. Make balls of 1 oz. Dredge in breading, then egg, then back in breading.
6. Set the balls on a plate and flatten into chicken nuggets.
7. Cook in oil for 2-4 minutes on each side, just until golden brown.
8. Remove from pan and set on paper towel to drain excess oil.
9. Serve with your favorite vegetable, such as carrots, broccoli trees or asparagus trees.

(You will have a little extra breading. Discard after all the nuggets are coated.)