

Baked 'Fried' Chicken



Ingredients

- 6 Chicken Thighs
- 1/2 Cup Greek yogurt + 1 tsp vinegar

Place chicken in a bowl and add yogurt. Generously coat chicken with yogurt. Cover and let marinate for 2-4 hours in refrigerator.

- 1 Cup Quinoa flakes or panko bread crumbs
- 1/2 Cup Almond Flour
- 2 Tbsp coconut sugar or Lakanto sugar
- 2 1/2 tsp sea salt
- 1 tsp garlic powder
- 1/4 tsp Cayenne
- 1/4 tsp Turmeric
- 1 tsp coconut oil or ghee

Mix Dry ingredients.

Pre-heat oven to 425*

Line baking sheet with parchment paper or thin foil (parchment preferred)
Spread coconut oil or ghee onto parchment paper.

Place half of the dry mixture on a plate (add more as needed). Roll chicken pieces in dry mixture. Arrange chicken on the prepared baking sheet and bake until the chicken is cooked 30-40 minutes. Crust will be golden brown. Let cool, serve and enjoy!