

GF Chicken and Waffles

7 ingredients · 35 minutes · 6 servings



Directions

1. Preheat air fryer or Oven to 400. Check instructions for air fryer for temp.
2. Cut chicken into strips
3. Set up 3 plates or bowls. First with cornmeal, Second with egg wash (1egg + some water), Third with parmesan and almond flour mixed. You can also add some herbs if you prefer.
4. Roll chicken in each of the three plates to make a breading.
5. Fry chicken according to direction on air fryer. Option to use an oven at 400 degrees for 15 minutes (depending on how thick the chicken strips are)
6. Cook chicken according to air fryer instruction.
7. Mix waffle ingredients according to package instructions. Cook in waffle iron according to directions.

Ingredients

- 1 Purely Elizabeth Grain Free Pancake & Waffle Mix
- 5 Egg
- 1/2 cup Avocado Oil
- 1 1/2 lbs Chicken Breast (cut into strips)
- 1/2 cup Cornmeal
- 1/2 cup Almond Flour
- 1/4 cup Parmesan Cheese