

# Coconut Tropical Chicken

From David Nuno



## ***Ingredients:***

2 chicken breasts, sliced in half, lengthwise

2 eggs

¼ cup almond milk

¼ cup oat bran, or buckwheat

¼ cup ground flaxseed

¼ cup unsweetened coconut flakes

4 TBSP unrefined coconut oil

Frozen veggies

## ***Instructions:***

- Combine eggs and milk in a small bowl.
- Combine flaxseed, coconut and oat bran in another small bowl.
- Coat chicken first in the egg, mixture and then roll it in the coconut mixture.
- Place chicken pieces in large pan with coconut oil and cook on low to medium heat about 8-10 minutes, carefully flipping pieces as they start to brown.
- Keeping pan uncovered will allow for a crisp coating.
- Once chicken is cooked through, serve with your favorite veggies.