

Boneless Buffalo Chicken Wings

Ingredients:

Chicken tenderloins

creole seasoning

almond flour

sweet baby rays buffalo wing sauce

eggs

heavy whipping cream.

- Cut tenderloins into chunks, season with creole seasoning.
- Make egg/whipping cream bath. Toss chicken chunks in.
- Put almond flour in zip lock with more creole seasoning. Toss chicken chunks to coat.
- Lay on pan (sprayed with pam).
- bake at 350 for 20-25 min, flip them, broil for 5 min
- toss to coat with the buffalo wing sauce.