

## Air Fryer Buffalo Tenders



Servings:

**2 -3**

Prep Time:

**10 minutes**

Cook Time:

**15 minutes**

### Ingredients

- 1 lb Chicken Tenders
- 1 cup Almond Flour
- 1 Egg
- ½ tsp Salt
- ½ tsp Ground Black Pepper
- ½ tsp Garlic Powder
- ½ cup Buffalo Hot Sauce
- ¼ lb Carrot & Celery Sticks
- ½ cup Ranch Dressing or Desired Dipping Sauce

### Method of Preparation

#### Step 1

Mix almond flour, salt, pepper, and garlic powder together.

#### Step 2

Dip chicken tenders in egg.

#### Step 3

Then immediately into breading mixture, coating both sides.

#### Step 4

Coat air fryer basket with cooking spray.

Place breaded chicken in air fryer basket.

#### Step 5

Cook at 370°F for 12-14 minutes.

Flip chicken tenders in basket halfway through and continue cooking.

#### Step 6

Remove from air fryer. Toss in buffalo sauce.

#### Step 7

Serve with carrot & celery sticks and your choice of dipping sauce. We love ranch!

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