

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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