

# Chicken Tenders – Air Fryer



**PREP TIME:**  
10 MINUTES

**COOK TIME:**  
15 MINUTES

**TOTAL TIME:**  
25 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 3-4 Servings

## Equipment:

- Air Fryer (*I used the Ninja Foodi*)

## Ingredients:

- 1.25 lb. Organic Chicken Tenders
- 2 Organic Eggs
- 2 TBSP Water
- ½ Teaspoon Himalayan Sea Salt
- Olive Oil Sprayer

## Bread Crumb Coating Ingredients:

- ½ Cup Gluten Italian Style Breadcrumbs (*I used Gillian's Brand*)
- ¼ Cup Ground Flaxseed
- 1 Teaspoon Himalayan Sea Salt
- 1 Teaspoon Garlic Powder
- ½ Teaspoon Onion Powder
- Couple Dashes Paprika

## Instructions:

1. Preheat air fryer for 5 minutes at 400 degrees.
2. Crack eggs into shallow bowl. Add water and sea salt. Whisk with fork and add chicken tenders. Allow to soak 10-15 minutes while prepping everything else.
3. In another shallow bowl, add all of the breadcrumb coating ingredients – breadcrumb, flaxseed, salt, garlic powder, onion powder & paprika. Stir with a spoon until combined.
4. One at a time, place the soaked chicken tenders into the breadcrumb mixture. Coat all sides.
5. Lightly spray bottom of air fryer basket.
6. Place chicken tenders into air fryer and spray chicken lightly with olive oil. Flip chicken when halfway done (around 7-8 minute mark) and spray with olive oil. Cook another 7-8 minutes. Chicken is cooked when reaches 165 degrees internally.
7. Serve with your favorite dipping sauce. Ask about my vegan ranch and honey mustard dressings.

**\*Try and use all organic ingredients if possible.**

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