

VEGAN NUGGETS

Do these taste like a fast-food chicken nugget? ummm NO! But, they are delicious & they do have that southern fried chicken kind of coating. Your kids will love these even more than the kind you get from the drive-thru and you'll know that they are getting all that nutrition from beans, oats, turmeric & flax!

1. COMBINE IN FOOD PROCESSOR FOR NUGGET DOUGH

- 1 CAN CHICKPEAS RINSED/DRAINED
- SCANT 1/2 CUP OAT FLOUR
- 1/2 TSP XATHAM GUM
- 1/2 TSP PINK SALT
- 1/2 TSP GARLIC POWDER
- 1/2 TSP ONION POWDER
- 1/2 TSP PEPPER
- 2 TBS EVOO
- 8 TBS FILTERED WATER

2. IN SMALL BOWL COMBINE FOR COATING

- 1/4 CUP BREADCRUMBS/PANKO
- (USE WHAT YOU HAVE WHOLE WHEAT, GLUTEN FREE, ETC.)
- 1/4 CUP GROUND FLAX SEED
- 1 TSP CREOLE SEASONING
- 1/4 TSP CHILI POWDER
- 1/4 TSP TURMERIC
- PINK SALT

3. **FORM DOUGH** INTO NUGGET SHAPES (SIMPLY ROLL INTO A BALL THEN FLATTEN SLIGHTLY)

4. **DIP DOUGH:** DIP IN ALMOND MILK & ROLL INTO THE COATING.

5. **COOK:** COAT SKILLET WITH EVOO (OR OIL OF CHOICE) & BROWN ON BOTH SIDES. OR SPRAY WITH SOME OIL OF CHOICE & BAKE 375 FOR 10-15 MINUTES—FLIPPING THEM 1/2 WAY THROUGH THE BAKING PROCESS FOR EVEN COOKING.

6. **SAUCE THEM!** DIP IN ANY SAUCE THAT CALLS YOUR NAME! DELICIOUS!

*WHEN POSSIBLE, USE ORGANIC OR LOCAL PRODUCTS



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