

Almond-Crusted Orange Chicken

Serves 4

4 chicken breasts (5 oz. each)

$\frac{3}{4}$ c. raw almonds

1 tsp. poultry seasoning

$\frac{1}{4}$ tsp. Salt

1 egg

1 tbsp. of almond milk

4 drops Orange Vitality Oil

1 Tbs. olive oil

Young Living Oils Used in this Recipe:

#5627 Orange Vitality Oil

Mix egg and almond milk together in a bowl and set aside. Take $\frac{1}{3}$ c. of the raw almonds and blitz them in a food processor until they form a coarse almond flour. Mix the salt and poultry seasoning in with the almond powder and set aside. Next roughly chop the rest of the raw almonds and place them in a separate bowl.

Trim the chicken breasts of excess fat and coat them with the almond flour and seasoning mix.

Dip the coated chicken into the almond milk and egg, shake off the excess, and then roll them in the roughly chopped almonds.

Repeat with each of the other chicken breasts.

Place on a baking sheet that has been sprayed with olive oil. Bake at 350 for 45 minutes or until interior of chicken breast reaches 160-165 degrees.