

# Easy Nuggs

THM-Friendly: S

These are SOO quick and easy and DELISH!

- 12 oz. can of chicken, drained
- 1 egg
- 1/3 cup cheese, shredded, choose your favorite
- 1/4 tsp. garlic powder
- 1/8 tsp. onion powder
- 1/4 tsp. paprika
- few squirts of hot sauce



Combine all ingredients in a food processor until somewhat of a paste. Form into 12-14 nuggs. Air fry at 425° for 10 minutes flipping halfway through.

enJOY!

