KFC (Keto Fried Chicken!)

Date : 18-09-2018

Ingredients

- 4 chicken drumsticks
- ½ cup almond flour
- 2 tbsp lemon juice
- 2 tbsp butter
- 1 tsp pepper
- 1 tsp salt

Method

1. Combine almond flour, salt, pepper, and lemon juice
2. Dip each drumstick into the mixture to form a thin coating

© 2019 ASIMPLEFLOURISH.COM

3. Bake at 350 degrees for 15 minutes
4. Heat butter in a skillet until very hot
5. Place drumsticks and fry in butter until the coating turns crisp on all sides (around 3 minutes)
6. Enjoy on its own or with some hot sauce on the side!

© 2019 ASIMPLEFLOURISH.COM