



## **ALLERGIES:**

No grains  
No dairy  
No eggs  
No gluten  
Low disaccharides

**Prep time:** 10 mins

**Cook time:** 30-45 mins

**Serves:** 4

## **HONEY ALMOND CHICKEN LEGS**



## **INGREDIENTS**

- 8 chicken legs (drumsticks) or 4 thighs
- 1/4 cup honey
- 1/2 cup flaked almonds (or slivered)
- 1 tbsp coconut aminos
- 3 tbsp coconut oil

## **METHOD**

- Preset oven to 180°C (350°F).
- Heat oil in baking dish.
- In large bowl combine honey, almonds, coconut aminos and salt.
- Coat chicken pieces with the honey mixture and place into hot oil.
- Pour extra mix over the top of the chicken pieces.
- Bake in oven 30-45 minutes, until cooked through.
- Serve hot with salad, vegetables or potato wedges