



Chik'n Nuggets

1 can (19 ounce) Loma Linda Tender Bits, drained

Batter:

1/3 cup flour (Use garbanzo or almond flour for a nutty taste)

1 teaspoon Vegetarian Express Veggie Chick Seasoning

1 tablespoon wet mustard (any kind)

1/2 teaspoon sea salt

1/4 teaspoon paprika

1/3-1/2 cup water

Dry Mix:

3/4 cup flour

1/4 cup nutritional yeast

2 tablespoons arrowroot powder (optional)

1 teaspoon dried parsley

1/2 teaspoon sea salt

Directions: Tear Tender Bits in half. Combine batter ingredients using just enough water to make a pancake thickness batter. Combine dry mix ingredients in a separate bowl. Coat the Tender Bits in batter then toss them in the dry mix. Fry in lightly oiled skillet or bake in oven at 350 degrees until coating is dry and browned.

Submitted by Rachel S. of North Carolina