



## Coconut Fried Chicken

1/3 cup coconut flour  
1 tsp. paprika  
1/4 tsp. pepper  
1 tsp. salt  
1 whole chicken, cut up  
Coconut oil for frying

Heat coconut oil 1/4-inch deep in skillet until a drop of water sizzles. Combine flour, paprika, pepper, and salt in a paper or plastic bag; add 2 or 3 pieces of chicken at a time and shake. Brown meaty pieces first, then add remaining pieces. Brown one side; turn with tongs. When lightly browned, 15 to 20 minutes, reduce heat; cover tightly. Cook 30 to 40 minutes, or until tender. Uncover last 10 minutes. Makes 4 servings. *Courtesy of Dr. Bruce Fife, N.D.*

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