Chicken & Fish Fry

**Servings: 10 Prep Time: 5mins Cook Time:**

1/4 cup Ground Lupin

1 tbsp (5g) Lupin Flour

1 tbsp (5g) Oat Fiber

1 tbsp (8g) Vital Wheat Gluten

Salt

Pepper

Any other spices you want

Put all the ingredients in a large zip bag. Give it a shake then it is ready to use.

**Nutritional Facts for 1 serving of Chicken & Fish Fry:** 14.6 Calories, 0.2g Net Carbs, 0.3g Fat, 2.1g Protein.

Each serving is enough to coat 1 chicken tender.