

Baked Apple Chicken

Makes 1 serving (1 protein, 1 fruit)
25 grams protein
2 grams fat
177 calories

Ingredients

- 100 grams chicken, cubed
- ½ apple, finely chopped
- 2 tablespoons lemon juice
- 1 tablespoon apple cider vinegar
- ⅛ teaspoon cinnamon
- Dash of cayenne pepper
- Salt and pepper to taste
- Stevia to taste



Directions

1. Lightly brown the chicken in lemon juice.
2. Add chopped apple and evenly coat with a mixture of apple cider vinegar, lemon juice, Stevia, cinnamon, cayenne, and pinch of salt.
3. Put in small baking dish and add additional vinegar and lemon juice.
4. Bake the chicken at 350 degrees for 25 minutes or until cooked completely.
5. Serve with the rest of the apple in thin slices on the side.



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