

## HONEY BBQ CHICKEN WRAPS (KETO)

The delicious kick of spices in the Honey BBQ Chicken Wrap is a perfect dish to serve at parties and little get-togethers.



### Ingredients:

- BBQ Chicken
  - 2 pounds of chicken breast, boneless and skinless
  - 2 eggs, large
  - ¼ cup milk
  - 1 cup all-purpose flour
  - 4 ½ cups corn flakes cereal
  - ½ teaspoon of salt and pepper
  - ½ teaspoon garlic powder
  - ¼ teaspoon paprika
  
- Wrap
  - NUCO Original Coconut Wrap
  - 2 cups packaged coleslaw or broccoli slaw
  - 1 ½ cups shredded cheddar cheese
  - Alfalfa sprouts
  - Sliced cabbage
  - Honey BBQ Sauce
  - ¼ cup barbecue sauce
  - 2 tablespoons ketchup
  - (Optional) Sriracha hot sauce, to taste

### Instructions:

For the chicken:

1. Preheat the oven to 400° F. In a baking sheet, line it with parchment paper. Set aside.
2. Chop chicken into small, bite sized pieces. Place chicken pieces in either a mixing bowl or a ziplock. Fill the containers with flour then mix or shake to cover the chicken completely with flour. Set aside
3. In a bowl, add in the eggs and milk then stir to combine. Set aside.
4. Crush the cornflakes finely.
5. In a bowl, add in the crushed cornflakes, salt and pepper, paprika, and garlic powder, then combine by mixing.

6. Dip the flour-coated chicken in the milk and eggs mix, then coat in the cornflake mix.
7. Place the coated chicken on the baking sheet and bake for 10 minutes. Flip the chicken then bake for another 7-8 minutes. Remove from the oven and set aside.

For the sauce:

1. In a small saucepan, heat the barbecue sauce, ketchup, and the optional sriracha over medium high heat. Stir occasionally for 5 minutes.
2. In a large bowl, place the baked chicken.
3. Pour in the sauce in the bowl with the chicken and toss to coat. Set aside.

Assembly:

1. Prepare the NUCO Original Coconut Wrap and sprinkle shredded cheese on top of the wrap.
2. Place the wrap on a pan and heat for 1-2 minutes for the cheese to melt.
3. Add 5-6 pieces of chicken on the wrap.
4. Add the coleslaw, alfalfa sprouts, and sliced cabbage onto the wrap.
5. Roll the wrap. You may secure the wrap with a toothpick. Serve immediately.

Link: <https://tastesbetterfromscratch.com/honey-bbq-chicken-wraps/>

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