

Sweet Potato Chicken Poppers

Veggies and protein mixed into one dish! Enjoy!

xoxo,
Kristin

1) Preheat the oven to 400 F and line a baking sheet with parchment paper lightly greased with oil

Combine all of the ingredients in a large mixing bowl and thoroughly mix.

2) Begin rolling the mixture into small, slightly flattened poppers about one inch in diameter (you'll have about 20-25 poppers) and place them on the baking sheet

3) Place in the oven for 25-28 minutes, flipping halfway through. Crisp further in a pan or place under the broiler if desired for 1-2 minutes to crisp further. Remove from the oven when thoroughly cooked through

4) Allow to cool and serve with your favorite sauce!

Recipe from:

<https://unboundwellness.com/sweet-potato-chicken-poppers-paleo-aip-whole-30/>

Total time: 40 minutes