



**Eat Healthy,
Save Money,
Cook Like A Pro.**

www.AwareHouseChef.com

CONTACT

Hellenic Restaurant:
631 477-0138
www.TheHellenic.com

KFC Chicken, But Healthier

1 Liter [Avocado Oil](#)
2 cups or 500ml [Tapioca Flour](#)
1.5 tsp or 7.5 ml [Organic Dried Thyme](#)
1.5 tsp or 7.5 ml [Organic Herb De Provence](#)
4 tbspc. or 60ml [Organic Paprika](#)
1 tsp. or 5ml [Organic Oregano](#)
2 tsp. or 10ml [Organic Celery Powder](#)
1 tbspc or 15ml [Organic Granulated Garlic](#)
1 tbspc or 15ml [Organic Black Pepper](#)
1 tbspc or 15ml [Organic Dry Mustard Powder](#)
3 tbspc or 60ml [Organic White Pepper](#)
1 tbspc. Or 15ml [Organic Ground Ginger](#)
[Organic Coconut Aminos](#)
7 tsp. or 35ml [Celtic Sea Salt](#)
7 lbs or 3.2 Kilos Organic Chicken
preparation instruction, watch the video on YouTube:

[KFC But Healthier](#)

Youtube.com/AwareHouseChef

DISCLAIMER: Hi! This PDF contains affiliate links, which cost you nothing, but if you click on them I'll receive a small commission. This helps support this channel. Thank you for the support!