



Lemon & Sugar

Baked Chicken



*Eat well.
Live well.*

***Soy-Free. *DF. GF. *Sugar-Free. Nut-Free.
Corn-Free. *Paleo. *Keto.
*Good for ALL Blood-Types**

What you'll need:

- 2 large chicken breasts*
- 1 lemon, zested
- 2 tbsp salted butter, melted*
- 4 tbsp brown sugar*
- 1/4 tsp granulated garlic

See foot notes for items marked with*

NOTE: For the most health-conscious version, use as many organic ingredients as possible. Most important in this recipe are: Chicken & Lemon.

PREP: 10 minutes

COOK: 15-25 minutes

SERVES: 2

- 1) Pre-heat oven to 425.
- 2) Wash lemon and zest the entire lemon. Don't have a zester? No problem. Use the smallest part of your cheese grater to get the small ribbons of the lemon peel.
- 3) Prep the chicken breasts to your liking, then rinse off, pat dry, and add to the bowl. Take a large fork and poke a few holes in each chicken breast. This lets the juices and marinade penetrate.
- 4) Mix brown sugar, lemon zest, garlic powder in a large bowl and stir really well until fully blended.
- 5) Place chicken in a baking pan and drizzle melted butter on top.
- 6) Sprinkle sugar mix on top of each breast. Use all of the sugar.
- 7) Bake for 20-30 minutes depending on the cut and size of the chicken breasts.
- 8) Once chicken is fully cooked, change the stove over to broil and broil on high for 2-3 minutes or until sugar gets golden brown.
- 9) Take chicken out of oven and transfer breasts onto a holding plate with cover. Strain the juices from the baking pan with a super fine strainer so you can drizzle the remaining sauce over the breasts before serving. Absolutely delicious!



Soy-Free: If you make this recipe Dairy Free, but still want it 'soy-free', you'll need to use a butter that is both. The most common one to use is the red colored Earth Balance (available at Target). It is Vegan, Dairy-Free, and Soy-Free.

Dairy-Free: We recommend using the red colored Earth Balance (available at Target). It is Vegan, Dairy-Free, and Soy-Free.

Sugar-Free: Replace brown sugar with Xylitol.

Paleo: Replace brown sugar with Xylitol.

Keto: Replace brown sugar with Xylitol.

Blood Types:

·If you are a **B, or AB** blood type, you should be avoiding chicken. However, you can replace this recipe with Turkey breasts and it would be okay for both blood types.