

# Air Fryer Chicken



## Ingredients

For 1 serving

- 1-3 Chicken Breasts
- 2 tsp Pink Himalayan Salt or Sea Salt
- 1 tsp Ground Black Pepper
- Garlic Powder
- Onion Powder
- 1/4 cup Shredded Light Cheese
- 1-2 Tbsp BBQ Sauce

## Directions

1. Cover chicken breasts in spices
2. Line air fryer or spray with 100% olive oil or avocado
3. Bake chicken at 350 degrees for 15 minutes
4. Drizzel in BBQ sauce and shredded cheese
5. Bake at 400 degrees for another 2-3 minutes

