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Bill's Buffalo Chicken Sauce

We start with our wings cooking them on parchment paper for 35-40 minutes in a preheated 400 degree oven.

During the last 10 minutes of that cook time, I start prepping my buffalo sauce.

For the sauce you will need:

5oz of Franks Hot Sauce (or hot sauce of your choice)

6 Tbs Kerry Gold Butter

½ tsp Cayenne

1 tsp Black Pepper

1 Tbs Garlic Powder

1 Tbs Onion Powder

1 Tbs Swerve sweetener

Melt the Kerry Gold in a pan on low, once melted add in the dry ingredients and hot sauce, continue to mix and cook on low for about 3-5 minutes.

Now that your sauce is ready and the chicken has cooked 35-40 minutes, I baste the chicken with the sauce and put back into the oven for 8-10 more minutes.

These are really tasty and it gives me something different to mix up in my routine, I have used these on thighs, drumsticks and wings all with very good results.

If you like this recipe leave us a comment in our video on youtube

Bill ;)

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