

KETO CROCKPOT BUFFALO BBQ CHICKEN WINGS

INGREDIENTS

2.5 lbs. party chicken wings uncooked, thawed

1/4 teaspoon salt

1/4 teaspoon pepper

1/2 teaspoon garlic powder

1/4 teaspoon paprika

3/4 cup sugar-free BBQ sauce

3/4 cup buffalo chicken wing sauce



DIRECTIONS

1. Pat thawed wings dry and place in slow cooker. Season with salt, pepper, garlic powder, and paprika.
2. Mix BBQ sauce and Buffalo wing sauce together. Pour 1 cup of sauce over wings, and stir to coat.
3. Set slow cooker to LOW and cook for 3 hours. When nearing the 3 hour mark, set oven to Broil. Remove wings from the slow cooker and place on a baking sheet and broil chicken wings for 4-5 minutes, or until browned to desired crispness.
4. Place wings back in slow cooker and brush or toss with 1/2 cup more of sauce. Keep warm in slow cooker until ready to serve. Enjoy!

