



Sweet Smoky BBQ Wings

Ingredients:

2 lbs Chicken Wings
1 TBSP Baking Powder
½ tsp Salt
½ tsp Pepper

Sweet Smoky BBQ Sauce:

1 Cup Sugar Free Ketchup
½ Cup Water
¼ Cup Apple Cider Vinegar
½ Cup Brown Sweetener (I use Golden Monk Fruit)
2 TBSP Worcestershire
1 ½ tsp Salt
1 tsp Onion Powder
1 tsp Garlic Powder
1 TBSP Smoked Paprika
½ tsp Xanthan Gum



Instructions:

Place your chicken wings on a flat surface and pat them dry on both sides. Season with salt and pepper and sprinkle on baking powder. Adding baking powder is optional but it will help your wings get more crispy. Toss your wings until well coated.

Preheat your air fryer and set it to 380 degrees and place wings on the air fryer tray. Spray with Avocado or Olive Oil Spray on both sides. Cook for 10 - 15 minutes.

While the chicken wings cook, you can make the Sweet Smoky BBQ Sauce. If you don't want the smokey flavor you can replace smoked paprika with regular paprika and you will have a regular sweet BBQ sauce.

Once your wings are done in the Air Fryer, remove them and let them rest a few minutes on a wire rack. This will allow them to not get soggy on the bottom from the heat. Allow them to cool for about 5 minutes.

Place your wings into a bowl and drizzle with your hot BBQ sauce and toss until all your wings are well coated in the sauce.

How much sauce you use will depend on how many wings you make. You can place the sauce in the fridge and save for next time to make more wings.

When you make wings again using your leftover sauce, all you have to do is reheat the sauce in a bowl in the microwave and then add in your wings and toss.

Serve your wings with celery and ranch on the side.

**The macros below I listed are per wing depending on how much you want to make and for the sauce I calculated it for the entire jar since it will vary how much you use.*

Servings: About 20 wings depending on the size of your wings

Macros per wing:

Net Carbs: 1
Fiber: 0
Total Carbs: 1
Protein: 8
Fat: 6
Calories: 89

Macros for Sweet Smoky BBQ Sauce (This is for the entire jar)

You will be able to make a few batches of wings with this jar.

Net Carbs: 23
Fiber: 0
Total Carbs :23
Protein: 5
Fat: 0
Calories: 186