

Honey Garlic Chicken Wings

9 ingredients · 50 minutes · 4 servings



Directions

1. Preheat the oven to 400F (204°C) and line a baking sheet with parchment paper.
2. In a large bowl, add the chicken wings, baking powder and avocado oil. Mix until the wings are coated. Spread the wings out on the baking sheet evenly and bake for 35 to 40 minutes.
3. In a small saucepan over medium-low heat add the tamari, garlic and ginger. Sauté for 1 to 2 minutes, then add the honey and heat over low heat until the sauce reduces slightly, approximately 3 to 4 minutes. Remove from the heat and add the sesame oil.
4. In a large bowl, toss the chicken wings with the sauce to coat. Garnish with sesame seeds. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven at 350F (177°C) for 8 to 10 minutes.

Serving Size

One serving is equal to approximately seven chicken wings. Serve with additional sides to make it a full meal.

More Flavor

Add some chili flakes for spice.

Additional Toppings

Add sliced green onions on top.

Ingredients

- 2 lbs** Chicken Wings
- 2 tsps** Baking Powder
- 1 tsp** Avocado Oil
- 2 tbsps** Tamari
- 2** Garlic (cloves, minced)
- 1 tsp** Ginger (minced)
- 2 tbsps** Raw Honey
- 1/2 tsp** Sesame Oil
- 2 tsps** Sesame Seeds