

# BAKED BUFFALO WINGS

*serves 8 as appetizer, 2 as meal*

## INGREDIENTS

- 2½ pounds (1kg) chicken wings
- 2 tbsp olive oil
- 2 tsp Pink Himalayan salt
- 2 tsp black pepper
- 1 tbsp garlic powder
- ¼ cup (50g) melted grass-fed butter or ghee
- ½ cup (100g) Frank's Original Red Hot sauce

## DIRECTIONS

- Heat oven to 400° F/200° C. Line a baking sheet with foil and place a wire rack on top of it.
- Make sure your wings are dry (pat with paper towel) and place in a large bowl. Add the oil, salt, garlic powder and pepper and toss until coated.
- Place wings on the wire rack with the skin side up and bake for 40 minutes.
- Just before they're done, heat the butter and hot sauce in a saucepan until warm. When the wings are done, coat them in the sauce and place back on the rack. Bake for 5 minutes and then repeat, coating/baking again.
- Serve with your favorite dressing!