

# Crock Pot Chicken Wings

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## Ingredients

- 4 pounds chicken wings fresh or frozen
- 1 ½ cups buffalo sauce plus additional for finishing – *I like primal*
- ¼ cup coconut sugar
- ½ onion diced
- 4 cloves garlic minced

## Directions

1. Combine Buffalo wing sauce ingredients and set aside.
2. Place wings in a 6qt slow cooker and cover with Buffalo wing sauce. Stir to combine.
3. Cook on high for 2 ½ – 3 hours for FROZEN wings or on low 3 hours for FRESH wings.
4. Once cooked and wings have reached 165°F, remove from the slow cooker and place on a foil or parchment paper lined pan (discard liquid).
5. Preheat broiler to high. Brush with additional Buffalo sauce and broil until lightly browned/crisp about 5 minutes per side.
6. Serve with celery, carrots, extra buffalo sauce and ranch

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MADE WITH LOVE

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by Teresa Forehand