



STICKY BLACKBERRY HONEY CHICKEN WINGS



SERVES:

2

PREP TIME:

15M

COOK TIME:

40M

DAIRY FREE

INGREDIENTS:

¼ Cup Crofter's Organic
Premium Seedless Blackberry
Fruit Spread

1lb Chicken Wings

¼ Cup Balsamic Vinegar

¼ Cup Honey

2 Tbsp Water

½ Tbsp Soy Sauce

2 Tbsp Coconut Oil

½ Tsp Fresh Lemon Juice

Pinch of Salt

Pinch of Pepper

DIRECTIONS:

1. Preheat oven to 400°F and line a baking tray with parchment paper. Spread the wings out evenly and cook for 40 minutes (or until the wings are golden brown). Make sure to check the instructed cooking length to ensure the chicken wings are cooked fully.
2. While the chicken wings are cooking, prepare the blackberry honey sauce. In a small sauce pot add in the coconut oil first and let it melt over medium heat. Next, add in the Crofter's Organic Premium Seedless Blackberry Fruit Spread, balsamic vinegar, soy sauce, water, honey & lemon juice. Taste the sauce and add in a pinch of salt & pepper to your liking. Bring to a boil for 5 minutes whisking frequently and then reduce to a simmer for 10 minutes (or until chicken wings are done).
3. When the chicken wings are finished cooking, remove from the oven and let cool slightly. This will help the sauce stick better to the wings. Add the wings into a large mixing bowl and then pour the blackberry honey sauce over them. Give the wings a toss to coat. Enjoy!