



BLACK CURRANT CHICKEN DRUMSTICKS



SERVES:

3-4

PREP TIME:

10M

COOK TIME:

50M

DAIRY FREE

INGREDIENTS:

1 Cup Crofter's Organic Just Fruit Black Currant Fruit Spread

1/3 Cup Balsamic Vinegar

1/4 Cup Soy Sauce

1 1/2 Tbsp Crushed Red Pepper Flakes

2 Tbsp Garlic Powder

Pinch of Salt

Pinch of Pepper

8 Chicken Drumsticks

DIRECTIONS:

1. Preheat oven to 300°F and line a baking tray with tin foil. Lightly coat with olive oil and set aside.
2. In a small saucepan over medium heat, combine the Crofter's Organic Just Fruit Black Currant Fruit Spread, balsamic vinegar, soy sauce, crushed red pepper flakes, and garlic powder. Whisk together and bring to a slight boil.
3. Place the chicken drumsticks on the prepared baking tray in a single layer. Season with salt and pepper, then pour the black currant sauce over the chicken, making sure the drumsticks get coated. Cover with tin foil and place in the oven for 30 minutes.
4. Once done, take out of the oven and remove the tin foil. Flip the drumsticks and brush them lightly with the black currant sauce in the tray. Place back in the oven without the tin foil. Raise the oven temperature to 350°F and continue to cook for 15-20 minutes, coating the chicken every 5 minutes or so.
5. Remove the chicken once it is completely cooked through and tender. Let rest for 5-10 minutes before serving. Enjoy!