



STRAWBERRY PB&J BBQ GRILLED CHICKEN WINGS



SERVES: 3-4 | PREP TIME: 1H 10M | COOK TIME: 20M

DAIRY FREE

INGREDIENTS:

- 4 Tbsp Crofter's Organic Just Fruit Strawberry Fruit Spread
- 2 Tbsp Smooth Peanut Butter
- 1 Tsp Hot Sauce
- 2 Tbsp Worcestershire Sauce
- 2 Tbsp Brown Sugar
- 2 Tbsp Paprika
- 2 Tbsp Sesame Oil
- 1 Tsp Salt
- 1 Tsp Pepper
- 24 Chicken Wings
- Crushed Peanuts (Garnish)
- Sesame Seeds (Garnish)

DIRECTIONS:

1. In a medium sauce pot whisk together the Crofter's Organic Just Fruit Strawberry Fruit Spread and the peanut butter until smooth. Add the hot sauce, Worcestershire sauce, brown sugar and paprika and whisk again. Bring to a boil, reduce the heat and simmer for 5 minutes. Remove from heat and set aside.
2. In a medium bowl toss the wings with sesame oil, salt and pepper. Add 3/4 of the strawberry peanut butter sauce and stir to coat. Save remaining sauce for grilling.
3. Cover the wings and place in the fridge to marinate for about 1 hour. If you can let them marinate overnight that is best.
4. Once wings are finished marinating heat the barbecue to 450°F and grill the wings for 20 minutes (or until fully cooked), turning every 5 minutes and brushing with the leftover sauce. Remove from the grill and garnish with crushed peanuts and sesame seeds. Serve immediately and enjoy!