



# 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, combine the Crofter's Organic Just Fruit Strawberry Fruit Spread and the peanut butter. Whisk together until smooth. Next add in the hot sauce, Worcestershire sauce, brown sugar, and paprika. Whisk again and bring to a boil then, reduce the heat and simmer for 5 minutes. Set aside.
2. In a medium sized bowl, toss the wings with sesame oil, salt, and pepper. Make sure the wings are evenly coated. Now add  $\frac{3}{4}$  of the Strawberry peanut butter sauce and stir to coat. Set remainder sauce aside to use when 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. While wings are marinating, we can prepare the grill. Turn on barbecue and preheat to 450°F. Lightly spray the grill with a non-stick cooking spray.
4. Once marinated, place the wings on the barbecue and cook for 20 minutes. Flipping every 5 minutes or so and brushing with extra sauce. Once the wings are completely cooked, remove from the grill and garnish with crushed peanuts and sesame seeds. Serve immediately with the extra sauce as dip.