



Buffalo Wings

INGREDIENTS:

Wings:

- 3 Lbs. Fresh Wings
- 2 Tbsp. Avocado Oil
- 1 Tsp. Salt
- 1/2 Tsp. Cayenne Pepper

Buffalo Wing Sauce:

- 1 Cup Frank's Wing Sauce
- 1 Stick of Butter (8 Tbsp.)
- 1 Tbsp. Cayenne Pepper

HOW TO MAKE:

Wings:

1. Cut wings at joint and remove flapper.
2. Dry wing parts with paper towel.
3. Place dried wings on baking tray lined with paper towel and place in refrigerator for 1 hour.
4. After 1 hour remove wings place in a gallon plastic bag.
5. Add oil and spices to bag. Shake the bag to coat the wings with oil and spices. Remove wings and place on dark baking sheet or a Frigidaire ReadyCook™ Air Fry Tray that has been sprayed with a non-stick spray.
6. Air Fry 450° F for 35 minutes

Buffalo Wing Sauce:

Combine all ingredients and heat in sauce pan. In a large bowl, toss wings with hot wing sauce. Serve!