

BBQ Wings

2 Servings | 1 Leaner | 3 Condiments | 1 Fueling

Ingredients

1 pound chicken breast, cubed
1 egg
2 tbsp unsweetened, original almond milk
2 packets Barbecue Bites, finely crushed to breadcrumb-like consistency
¼ cup sugar-free barbecue sauce
1 tbsp hot sauce
½ tsp garlic powder
Cooking Spray

Instructions

Preheat oven to 400 °F.

In a shallow bowl, whisk together the egg and almond milk; set aside.

In a second shallow bowl, add the crushed barbecue bites.

Dip each chicken piece into the egg mixture, and then the barbecue bites. Place the chicken pieces onto a lightly greased, foil-lined baking sheet. Lightly spray tops with cooking spray.

Bake until coating turns golden and internal temperature reaches 165°F, 18 to 20 minutes, flipping halfway through.

Meanwhile, combine barbecue sauce, hot sauce, and garlic powder in a large, re-sealable plastic bag. Add cooked chicken pieces, and toss to coat.