

RECIPE: Whole 30 Buffalo Wings

Slow cooker directions

Step 1: Thaw freezer bag in fridge 12-24 hours before cooking.

Step 2: Place wings in a 6 quart slow cooker, removing the sauce packet from the quart freezer bag and set aside.

Step 3: Cook on high for 2 1/2 - 3 hours.

Step 4: Once cooked, and the wings have reached and internal temp of 165F, remove them from the slow cooker and place them on a foil-lined pan (discard liquid).

Step 5: Set your broiler to high. Brush wings with half the set aside sauce and broil until lightly browned/crispy (about 3-5 minutes). Flip the wings and repeat on the other side.

Step 6: Serve with celery and carrots. (Optional: Whole 30 Ranch)

Instant pot directions

Step 1: Dump the contents of the freezer bag into the Instant Pot, add 1/2 cup water.

Step 2: Set to High Pressure for 10 minutes, followed by a quick release.

Step 3: Once cooked, and the wings have reached and internal temp of 165F, remove them from the slow cooker and place them on a foil-lined pan (discard liquid).

Step 4: Set your broiler to high. Brush wings with half the set aside sauce and broil until lightly browned/crispy (about 3-5 minutes). Flip the wings and repeat on the other side.

Step 5: Serve with celery and carrots. (Optional: Whole 30 Ranch)

Expiration date: _____



RECIPE: Whole 30 Buffalo Wings

Slow cooker directions

Step 1: Thaw freezer bag in fridge 12-24 hours before cooking.

Step 2: Place wings in a 6 quart slow cooker, removing the sauce packet from the quart freezer bag and set aside.

Step 3: Cook on high for 2 1/2 - 3 hours.

Step 4: Once cooked, and the wings have reached and internal temp of 165F, remove them from the slow cooker and place them on a foil-lined pan (discard liquid).

Step 5: Set your broiler to high. Brush wings with half the set aside sauce and broil until lightly browned/crispy (about 3-5 minutes). Flip the wings and repeat on the other side.

Step 6: Serve with celery and carrots. (Optional: Whole 30 Ranch)

Instant pot directions

Step 1: Dump the contents of the freezer bag into the Instant Pot, add 1/2 cup water.

Step 2: Set to High Pressure for 10 minutes, followed by a quick release.

Step 3: Once cooked, and the wings have reached and internal temp of 165F, remove them from the slow cooker and place them on a foil-lined pan (discard liquid).

Step 4: Set your broiler to high. Brush wings with half the set aside sauce and broil until lightly browned/crispy (about 3-5 minutes). Flip the wings and repeat on the other side.

Step 5: Serve with celery and carrots. (Optional: Whole 30 Ranch)

Expiration date: _____