

Boneless Hot Wings

Recipe makes 1 serving
Each serving = 1 protein

Ingredients

- 100 grams chicken breast tenders
- 1/4 cup white vinegar
- 1/4 cup water
- 1-2 Tbsp cayenne pepper
- 1-2 Tbsp chili powder or chili peppers (adjust as needed)



Directions

1. In small bowl, mix vinegar, water, and cayenne pepper.
2. Add chicken to marinade and refrigerate for 1-2 hrs.
3. Preheat oven to 350.
4. Add chili powder to a small dish and dip chicken in chili powder.
5. Place on rack in baking pan.
6. Bake 15-20 mins turning halfway through.
7. Serve immediately with some homemade buffalo sauce or Frank's Original Red



telephone
email
website

(416) 477 - 1345
info@HCGDIETCANADA.com
www.HCGDIETCANADA.com