

## **Balsamic Chicken Wings (Servings 1-2)**

### **Ingredients:**

- 1 pound chicken wings
- 2 cloves garlic minced finely
- 2 Tbsp. Coconut Aminos
- ¼ cup balsamic vinegar
- 2 tablespoons honey
- 1/2 teaspoon powdered ginger

### **Directions:**

1. In a bowl, combine the vinegar, garlic, ginger, honey and aminos.
2. Rinse and dry chicken wings.
3. Place in a plastic Ziploc bag.
4. Pour sauce over wings making sure everything is covered. Seal the bag and refrigerate for 2-4 hours.
5. Remove wings from the bag and place on a foil lined cookie sheet. (save marinade for later)
6. Bake 375° for 30 minutes. Brush additional marinade over wings after 15 minutes.
7. Serve and Enjoy!

*(For more variety, red chili flakes for heat!)*

