PRIMAL GUIDE

Firecracker Chicken Wings with Honey-Chili Glaze

PREP 5 MIN • COOK 30 MIN • YIELD 4 SERVINGS

INGREDIENTS

- 2 lbs chicken wings
- 1 tbsp raw honey
- 1 tsp chili powder
- 1 tbsp tallow
- sea salt

STEPS

1. Toss wings in tallow and salt.
2. Grill for 25–30 minutes, turning often.
3. Mix honey and chili powder, glaze wings during the final 5 minutes.
4. Serve hot.

primalguide.org/firecracker-chicken-wings-with-honey-chili-glaze

Not medical advice. Talk with your doctor about your diet.

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