



SuperSeedz Air Fried Chicken Wings

Flats or drums? Or perhaps you belong to controversial group of boneless wing lovers? Whichever way you lean, we've got you covered with tasty chicken wings.

Ingredients:

- 6 skinless chicken wings
- 2 servings Somewhat Spicy SuperSeedz, ground
- ½ Tbsp baking powder
- 1 egg, beaten
- Pinch of cayenne pepper (optional)

Directions:

- Set up a dredging station using two shallow bowls. In the first bowl, mix together the SuperSeedz and seasoning. Beat the eggs in the second bowl.
- Preheat your air fryer to 360°F and lightly spray the basket with nonstick spray.
- Coat the chicken first in the egg and allow excess to drip off. Then coat in the SuperSeedz mixture until you have done so with each chicken wing. Feel free to press the dry mix into the chicken to ensure it sticks.
- Place the chicken in the air fryer basket for 6 minutes, take out and turn the wings, cook for 6 more minutes, take out and flip wings then cook for 6 more minutes, finally Increase the temperate for 400 and put the wings back In for 4 more minutes.
- Enjoy!

“When you feel like quitting, remember why you started.”

