

Food Babe's Slow Cooker Sesame Dijon Chicken Wings



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	4 hrs	4 hrs, 10 mins	4

<https://foodbabe.com/what-to-do-when-you-dont-have-time-to-cook-slow-cooker-wings-recipe>

Ingredients:

- 2 tablespoons dijon mustard
- 1 tablespoon raw honey (get local if possible)
- 2 teaspoons garlic cloves, minced
- ¼ teaspoon ground coriander
- ¼ teaspoon ginger powder
- 1 pinch cayenne pepper
- 10 chicken wings
- ¼ cup yellow onion, diced
- 1 teaspoon raw sesame seeds

Spicy Lime Sauce:

- 2 tablespoons dijon mustard
- 2 teaspoons hot sauce
- 2 teaspoons fresh lime juice
- ½ teaspoon chili powder

Instructions:

1. In a bowl, mix the Dijon, honey, garlic, coriander, ginger and cayenne. Place the chicken in the bowl and toss to coat. Place in the slow cooker along with the diced onion. Cook on high for 4 hours.
2. For the sauce, mix all the ingredients in a bowl until well combined.
3. When done, toss the chicken in the sauce and top with the sesame seeds. Enjoy!

Notes:

- Hot sauce is optional if you want to make them less spicy and more kid-friendly
- Please use all organic ingredients if possible.