



# BUFFALO CHICKEN MEATBALLS

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## INGREDIENTS

- 1 lb ground chicken
  - 1 egg, beaten
  - 2 sprigs of green onion, finely chopped
  - 1 celery stalk, finely chopped
  - 1 tsp onion powder
  - 1 tsp garlic powder
  - 1/2 tsp salt
  - 1 tsp ground black pepper
  - 1 Tbs flour (coconut, almond, flaxseed)
  - 1 cup buffalo wing sauce (I always use Frank's)
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## INSTRUCTIONS

- Preheat oven to 400 degrees. Coat a baking dish with oil, I use a safflower/coconut oil blend. You do not need to count a thin coating like this, you're not adding it to the food.
- In a large bowl, combine all the ingredients except for the buffalo sauce. Mix well.
- Use your hands to form the meatballs, yes it's messy but it's also the best way. Just push through.
- Place the meatballs in the baking dish. I covered mine to contain the moisture. Bake for 15 minutes.
- Take them from the oven and place in a pan on the stove. Toss with the buffalo sauce and heat until sauce is warm.
- Serve and Enjoy!