

# Sweet & Spicy Hot Wings

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## **Ingredients:**

2 Tablespoons	All-purpose flour
1 teaspoon	Salt
½ teaspoon	Garlic powder
½ teaspoon	Onion powder
1 teaspoon	Paprika
2 pounds	Chicken wings or drummettes
2 ½ Tablespoons	Red hot sauce (we used Frank's Red Hot)
2 Tablespoons	Peace Jams Mango Habanero Jam, melted
2 Tablespoons	Butter, melted

## Directions:

Preheat oven to 450 degrees F. Line a large baking sheet with foil and spray with vegetable oil. In a bowl, mix the flour with salt, garlic powder, onion powder and paprika. Add the chicken and toss to coat. Spread the chicken pieces on the baking sheet in a single layer and spray with vegetable oil. Roast the chicken for 45 minutes, turning once or twice, until brown and crispy.

In a bowl, whisk the hot sauce with butter and melted Mango Habanero Jam. Add the cooked chicken wings to the sauce and mix to coat thoroughly.

