

AIR FRYER BUFFALO DRUMSTICKS



INGREDIENTS:

- 10 medium-large drumsticks
- 1 tbsp almond flour or other gluten free flour
- 2 tsp corn starch
- 1/2 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp ground mustard seed
- 1/2 tsp salt
- 1/2 cup buffalo sauce

DIRECTIONS:

1. Mix flour, corn starch, salt, and other seasonings
2. Toss seasoning mixture on drumsticks
3. Place drumsticks on the air fryer basket, single layer
4. Set air fryer at 400 F for 10 minutes, flip, and fry for another 10 minutes or until internal temperatures reaches 165 F
5. Remove from the air fryer, allow to cool for 3-5 minutes and toss in buffalo sauce

Enjoy!

Makes 5 Servings | Serving Size = 2 Drumsticks
Calories: 255 | Protein: 33 g | Carb: 0 g | Fat: 13 g