

SHREDDED BUFFALO CHICKEN



INGREDIENTS:

- 1 lb chicken breast
- 1 ½ cup buffalo sauce

DIRECTIONS:

- 1) Place chicken and buffalo sauce in a crock pot
- 2) Turn on medium-high heat
- 3) Slow cook for 3-4 hours or until internal temperature reaches 165 F
- 4) Using a fork shred the chicken breast

Enjoy!

4 oz servings: Calories: 195 | Protein: 24 gm | Carbs: 6 gm | Fat: 9.5 gm