

## Ingredients

1 pound lean ground chicken

1 egg

1 bag IP BBQ Crisps, crushed

2 green onions, thinly sliced

1/2 tsp garlic powder

1/4 tsp sea salt

1/2 cup Frank's Red Hot Buffalo Wing Sauce (or your favorite 0 carb sauce)

## Buffalo Chicken Meatballs

### Directions

1) Preheat the oven to 350F. Line a cookie sheet with foil and coat with nonstick spray.

2) In a large bowl, combine the chicken, green onions, egg, BBQ crisps, garlic powder, salt, 1/4 cup of the hot sauce. Gently fold together to combine.

3) Form the mixture into small meatballs. Place the meatballs on the cookie sheet.

5) Bake for 20 minutes or until cooked through.

6) Place the meatballs onto a serving dish and drizzle with hot sauce