

Slow Cooker Honey Garlic Chicken

4 SERVINGS 4 HOURS



INGREDIENTS

2 lbs Chicken Thighs (skinless, boneless)
2 tbsps Raw Honey
3 Garlic (cloves, minced)
3 tbsps Extra Virgin Olive Oil
1 tbsp Coconut Oil (or organic butter)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	428	Iron	2mg
Fat	23g	Vitamin D	2IU
Carbs	9g	Folate	9µg
Fiber	0g	Magnesium	53mg
Protein	45g	Zinc	4mg
Vitamin C	1mg		

DIRECTIONS

- 01 Combine olive oil, raw honey, minced garlic, sea salt and black pepper together in a bowl. Mix well.
- 02 Place chicken thighs in the bottom of your slow cooker. Pour the honey garlic sauce in over top. Use a spatula to toss until all the chicken is well coated. Set on low for 6 to 8 hours or on high for 4 hours (or until chicken is cooked through). Optional: Flip the chicken thighs at the halfway point and use a baster or spoon to coat the chicken with the run off marinade.
- 03 Baste the chicken again before removing it from the slow cooker. Enjoy!

NOTES

RECIPE ID 314

NO CHICKEN THIGHS

Use chicken wings, drumsticks or breasts.

NO SLOW COOKER

Marinate the chicken in advance. Bake in the oven at 350 for 30 minutes or until chicken is cooked through.