



HOPE30 KITCHEN

Hope30 Shake Shake Chicken Leg Lollipops

Ingredients

- 1 pack of Chicken legs, trimmed to lollipops
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp onion powder
- 1 tsp monkfruit sweetener
- 1 tsp pink salt
- 1/2 tsp black pepper

Cooking Directions:

- Parboil chicken leg lollipops for 10 minutes while preheating the oven to 350 degrees.
- While they boil, add the spices to a bowl and mix.
- Remove parboiled chicken legs from the stove and blot dry with a paper towel.
- Roll each one in the spice bowl until each leg is coated
- Place in a baking dish and bake for 20-25 minutes or until the internal temperature measures a minimum of 165 degrees.

NOTES:

