

Air Fryer Chicken Wings

Makes 6 Servings



2 pounds chicken wings
1 tablespoon avocado oil

salt and pepper to taste
barbecue sauce

Toss the chicken wings in avocado oil and season with salt and pepper. Add to the air fryer basket.

Pre-heat your air fryer to 390°F. Cook the chicken wings for 22-26 minutes tossing the chicken wings every 5 minutes until fully cooked through.

Toss the chicken wings in your favorite barbeque sauce if you desire.

Serve