

# Chicken Wings – Air Fryer



**PREP TIME:**  
3 MINUTES

**COOK TIME:**  
22 MINUTES

**TOTAL TIME:**  
25 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 2-3 Servings

## Ingredients:

- 1.25 – 1.5 lb. Organic Chicken Wings
- 1 ½ TBSP Extra Virgin Olive Oil
- ½ Teaspoon Sea Salt
- ½ Teaspoon Garlic Powder
- 3 TBSP Hot Sauce (*I used Old Bay Hot Sauce*)
- Cracked Pepper to Taste

## Instructions:

1. Preheat air fryer to 400 and preheat for 5 minutes.
2. In a large mixing bowl, add chicken wings. Season with salt and add olive oil.
3. Stir wings until wings are completely coated.
4. Once air fryer is pre-heating, spray bottom of air fryer basket with olive oil.
5. Pour in wings and disperse evenly.
6. Cook at 400 degrees for 22 minutes.
7. Half-way through, stir (or flip over) wings so all sides turn golden in color.
8. After 22 minutes, remove from air fryer and place in a medium-large size bowl.
9. Add the following to chicken wings – garlic powder, hot sauce and cracked black pepper.
10. Stir until completely coated.
11. Optional: Serve with veggies such as carrots and celery and/or [Vegan Ranch Dressing](#).

**\*Try and use all organic ingredients if possible.**

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