



*cara price*

## BBQ CHICKEN THIGHS

### INGREDIENTS

for the chicken:

- 8-10 chicken thighs, boneless, skinless
- 2 tablespoons olive oil
- 1 tablespoon each: arrowroot flour, chili powder,
- smoked paprika & salt
- 2 teaspoons coconut sugar
- 1 teaspoon each: garlic powder, onion powder &
- black pepper
- 1/2 teaspoon each: allspice & dry mustard

for the sauce:

- 6 ounce can tomato paste
- 1/2 cup apple cider vinegar &
- 1/4 cup maple syrup
- 1/4 cup chicken broth
- 1 tablespoon seasoning mix from chicken {see directions}
- 1 tablespoon dijon mustard
- 1 tablespoon liquid smoke

### DIRECTIONS

preheat oven to 400

mix the arrowroot flour & all spices for the chicken into a medium to large size mixing bowl

remove 1 heaping tablespoon of spice mixture & set aside to be used in the sauce

pat the chicken thighs to make sure they are not wet & toss them in the large bowl of seasoning mix, coating all the pieces really well

place 2 tablespoons of the olive oil on a large rimmed baking sheet & lay the chicken pieces in one layer. bake 20 minutes

while the chicken is baking, place all the ingredients for the sauce in a blender. blend on high for about 10-15 seconds until completely mixed up.

once chicken has baked for 20 minutes, turn thighs over & baste with BBQ sauce. bake another 7 minutes.

check to be sure chicken is done & serve with remaining sauce for dipping.