

# HONEY MUSTARD DRUMSTICKS



## Ingredients:

12 Chicken drumsticks, about 1 1/2 lbs.

1/3 Cup raw honey

2 Tbsps Dijon mustard

2 Tbsps whole grain Dijon mustard

1 Tsp garlic powder

1 Tsp onion powder

2 Tsp smoked paprika

Sea salt and fresh ground black pepper, to taste (about a 1/8-1/4 teaspoon each)

A small handful of fresh parsley leaves, chopped as garnish

## Steps:

Preheat your oven to 375 degrees F and lightly rub or spray a large baking dish with cooking oil such as avocado oil.

Pat your chicken drumsticks dry with paper towels.

Place the chicken drums into the prepared dish and season with a pinch of sea salt and pepper.

In a small bowl, whisk mustards, honey, paprika and garlic, and onion powder until smooth. Yes, we use two types of dijon mustard in this recipe for awesome flavor!

Pour this sauce evenly over the chicken and toss gently to coat well.

Bake for 35-40 minutes or until cooked through (internal temp should read 165F).

Turn on the broiler and broil chicken for additional 2-3 minutes just until they crisp up and get that nice glaze on top.

Carefully remove from oven and garnish with parsley if desired.

Serve immediately.

