

Crockpot Bourbon Chicken

Ingredients:

- 3 boneless skinless chicken breasts
- 1/2 tsp. ground ginger
- 1/8 tsp. crushed red pepper flakes
- 1/4 cup sugar free or low sugar apple juice
- 3 Tbs honey (raw organic if you have it)
- 1/4 cup ketchup
- 1/4 cup water
- 1/4 cup (good quality) Bourbon
- 1/4 cup low-sodium soy sauce
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/4 cup chopped green onions

Place chicken into your crock pot. Whisk together remaining ingredients in a bowl then pour over chicken. Cook on low for 6 to 8 hours. Remove chicken and shred it. Return chicken to crockpot and cook on low for another 10 minutes. Enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Life is only as good as your mindset." - Anonymous