

Crock Pot Orange Chicken

Ingredients:

- 2 boneless, skinless, chicken breasts, cut into cubes
- Juice and zest of 2 oranges
- 2 Tbs organic coconut sugar (or brown sugar)
- 2 Tbs organic honey
- 1/4 cup rice vinegar (or cider vinegar)
- 1/4 cup coconut aminos (or soy sauce)
- 1 small onion, finely chopped
- 1 tsp. minced garlic
- 1/4 tsp. ground ginger
- 1/8 to 1/4 red pepper flakes (optional)
- 1/8 tsp. ground black pepper
- 4 Tbs arrowroot powder (or cornstarch)

In a bowl, combine orange juice, orange zest, sugar, honey, vinegar, coconut aminos, onion, garlic, ginger, red pepper flakes (if using), and pepper. Pour half of the sauce into the crock pot. Place chicken cubes in the crock pot and then pour the remaining half of the sauce over the chicken. Cover and cook on low for 4 to 5 hours (or until chicken is cooked through). Transfer chicken to a bowl. Set aside. In a small bowl, whisk arrowroot and 4 tablespoons of cold water until smooth. Pour sauce from the crock pot into a small sauce pan and add arrowroot slurry. Bring to a low boil over medium heat and cook, stirring constantly, until thickened. Add the chicken and stir to coat. Spoon mixture over any type of rice or pasta you desire, and enjoy!

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

"May your days be bright and your coffee cup always be full." - Me