



Crockpot Buffalo Chicken Dip



prep time
10 minutes



total time
4 hr 10 min



servings
10

Ingredients

- 1 lb./450 grams chicken breast, raw, ~ 15 protein servings
- $\frac{3}{4}$ cup **buffalo sauce** (Creamy Buffalo Sauce on SP Fuel), divided, ~ 5 fat servings
- $\frac{1}{2}$ cup **mayo** (Olive Oil Mayonnaise on SP Fuel), divided ~ 8 fat servings
- 1 red bell pepper, finely diced ~ 1 veggie serving
- 2 celery stalks, finely diced ~ 1 veggie serving
- 3 green onion, ends trimmed then sliced, white and green parts separated
- $\frac{1}{4}$ cup unsweetened, unflavored almond or coconut milk

Optional:

- Celery, carrots, mini bell peppers and tortilla chips for serving
- **Ranch** (Street Parking Dressings on SP Fuel) and/or hot sauce for drizzling onto

Instructions

- 1 In a small bowl combine $\frac{1}{2}$ cup buffalo sauce with $\frac{1}{4}$ cup mayo. Whisk together until smooth.
- 2 To a slow cooker, add the chicken breast, buffalo sauce mayo mixture, red bell pepper, celery, and white part of the green onion. Stir to combine.
- 3 Set the slow cooker on high and cook for 3-4 hours or on low for 5-6 hours.
- 4 Once the chicken is cooked through, remove from the slow cooker and roughly chop or shred the chicken. Return back to the slow cooker along with $\frac{1}{4}$ cup mayo, $\frac{1}{4}$ cup buffalo sauce, $\frac{1}{4}$ cup milk of choice, and the green parts of the green onion. Stir to combine and continue to cook on high for about 30 minutes or until everything is heated through. Add additional milk/water if needed to thin.



- 5 Serve straight from the slow cooker or transfer to a dish to serve. Garnish with green onion and a drizzle of hot sauce (such as Franks Red Hot Sauce) and/or ranch if you wish.
- 6 Serve with celery sticks, carrot sticks, mini bell peppers, and tortilla chips.

Whole Recipe Breakdown:
15 Servings Protein
0 Servings Carb
13 Servings Fat
2 Servings Veggies