BBQ Spiced Nuts

- 4 Cups mixed nuts (or any of your favorite)
- ¼ Cup Spice Rub
- ½ Cup Sugar
- 2 Tablespoons Butter
- ¼ C Water

Preheat oven to 325

Line a sheet paper with parchment paper and spray with non-stick spray

Take the Spice Rub, Sugar, Water and butter and either microwave for 45 seconds or warm on the stove to melt the butter and warm the spices.

Mix with nuts and lay out on a sheet pan in a flat layer and spaced out as much as possible

Bake in oven for 25 minutes, stirring halfway

BBQ Chicken Wings

- 4# wings
- 2 T Baking Powder
- 2 T Spice Rub
- ½ C BBQ Sauce
- ¼ Cup Water

Preheat oven to 400

Line a sheet pan with parchment paper

Put the chicken wings in plastic bag and add baking powder and spice rub. Seal bag and shake until all wings are coated in spice and powder.

Lay on sheet tray in flat line and space out as much as possible.

Bake in oven for 30 minutes. Then turn the wings and drain the fat

Return to oven for 15 minutes

Mix water and BBQ sauce in a bowl

Remove and baste with BBQ sauce and water mixture

Return to oven for 10 minutes

Wings should be fully cooked and glazed, remove and let cool for 5-10 minutes before eating