BANGIN SPICES

RECIPE #026

SWEET HEAT PEACH BBQ Chicken

SWEET, STICKY, A LITTLE HEAT.

JUICY CHICKEN WITH A PEACHY BBQ KICK!



PERFECT FOR GRILLING, BAKING, OR AIR FRYING!

PEACHY SWEETNESS

A HINT OF HEAT

GREAT ON THE GRILL

PERFECT FOR CHICKEN

Net Wt 1.5 oz

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INGREDIENTS

FOR THE CHICKEN

- 4 boneless, skinless chicken breasts or 6–8 chicken thighs
- 2–3 Tbsp BANGIN' Sweet BBQ Heat Spice Blend
- 1 Tbsp olive oil

FOR THE PEACH BBQ SAUCE

- 1/2 cup BBQ sauce (your favorite)
- 1/4 cup peach preserves or peach jam
- 1 Tbsp apple cider vinegar
- 1 Tbsp honey
- 1–2 tsp BANGIN' Sweet BBQ Heat Spice Blend (to taste)
- 1/2 tsp garlic powder

MADE WITH **BANGIN'** SWEET BBQ HEAT SPICE BLEND!

- ✓ GLUTEN FREE
- ✓ BOLD FLAVOR
- ✓ MADE FOR MEAT
- ✓ GET READY TO BANG!



DIRECTIONS

1. Pat chicken dry. Rub both sides with olive oil, then generously season with BANGIN' Sweet BBQ Heat Spice Blend.
2. Preheat grill, grill pan, or air fryer to medium-high heat.
3. Grill or cook chicken until internal temp reaches 165°F (about 6–7 minutes per side for breasts, 4–5 minutes per side for thighs). Remove and rest.
4. While chicken cooks, whisk together all sauce ingredients in a small saucepan.
5. Bring to a simmer over medium heat. Cook for 3–5 minutes, stirring, until smooth and slightly thickened.
6. Brush cooked chicken with peach BBQ sauce. Return to heat for 1–2 minutes, flipping and basting until sticky and caramelized.
7. Let rest 5 minutes before serving. Garnish with fresh herbs if desired.

PRO TIP:
Add an extra half teaspoon of Sweet BBQ Heat Spice Blend to your sauce for more kick!

SERVING IDEAS

- Slice over rice or quinoa
- Serve with grilled veggies & peaches
- Shred and pile on buns for an amazing sandwich
- Top a big salad for a sweet & spicy twist

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NOT JUST A MEAL. IT'S A WHOLE VIBE.

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