

Buffalo Chicken Dip-Cakes w/ Sour Cream & Chive Mashed Potatoes (Paleo)

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From Thanksgiving Dinner Cupcakes to Mexican Mini Meatloaves, I'm clearly obsessed with adorable entrees! This week, I decided to combine all the things I love about Buffalo Chicken Dip into a bite sized meal.

I started off with a Ground Chicken base and added Onions, Celery, & Hot Sauce to create the perfect "dip-cake". Then I topped each one off with a portion of Sour Cream & Chive Mashed Potatoes to add that creamy element you'd find in just about any Buffalo Chicken Dip.

All you need is a bag of potatoes, a container of Forager Sour Cream, and some spices...they're that simple! Lastly I finished them off with a pipette of The New Primal Hot Sauce and Wasabi Ranch just in case anyone was looking for that extra kick! It's a super filling meal that's packed with protein & veggies, and also stores amazingly for meal preps!

INGREDIENTS:

For the Buffalo Chicken Dip-Cakes:

- 2 lbs Ground Chicken
- 1/4 Cup to 1/2 Cup The New Primal Buffalo Sauce, depending on desired heat level
- 2 Small or 1 Large Onion, diced
- 4 Celery Stalks, diced
- 1/4 Cup + 2 Tbsp Coconut Flour
- 2 Eggs, whisked
- 1 Tbsp Garlic Powder
- 1 tsp Cayenne Pepper
- Salt & Pepper to taste

For the Sour Cream and Onion Mashed Potatoes:

- 5 Lbs. Russet Potatoes, peeled and largely cubed
- 1 Container Forager Vegan Sour Cream
- 2 Tsp Garlic Powder

- 1 Tsp Onion Powder
- Salt & Pepper to taste
- Chives, for garnish
- The New Primal Wasabi Ranch, for dipping

INSTRUCTIONS:

1. Preheat your oven to 375°F and grease all 12 wells of 2 standard muffin pans.
2. Place all Buffalo Chicken Dip-Cake ingredients in a large bowl and mix well using your hands.
3. Continue mixing well until everything is evenly incorporated. Using a 1/3 Cup, divide mixture evenly into the wells of your muffin pans and bake for 25-30 minutes.
4. While your dip-cakes are baking, bring a large pot of water to a boil and add Potatoes. Boil for 30 minutes then remove from heat and drain.
5. Transfer potatoes to a large mixing bowl and add Sour Cream & Spices. Mash Potatoes using a hand mixer or potato masher until smooth. Add Salt & Pepper to taste then transfer to a large zipper bag.
6. Once your Dip-Cakes are done, remove from the oven and allow to cool for 5 minutes. Cut the corner off the mashed potato bag and begin piping the potatoes on top of the dip-cakes in a circular motion until they all have been “iced”. You may be left with some additional mashed potatoes, that’s perfectly fine, just save them for another use! Top with Chives or garnish with a pipette of Wasabi Ranch like I did! Enjoy!

MAKES 22-24 DIP-CAKES!

