Crockpot Buffalo Chicken

Ingredients

- 3 pounds chicken breast
- 12 ounce Frank's Buffalo sauce (1 ½ cups)
- 2 tablespoons Avocado Oil
- 1 (1 ounce package)Hidden Valley Ranch seasoning

Directions

1. Spray a 4-quart slow cooker with cooking spray. Place the chicken breasts in the slow cooker, then top with buffalo sauce. Sprinkle with ranch seasoning and drizzle with oil.
2. Cook on low for 6-8 hours. Once the chicken is tender, remove and shred. Return to the slow cooker.
3. Serve in lettuce wraps, low carb tortillas, or with a salad.