

## Crockpot Buffalo Chicken Dip (Dairy-Free)

Whole30 Gluten-Free Grain-Free Dairy-Free Paleo

[Crockpot Buffalo Chicken Dip \(Dairy-free\) - The Real Food Dietitians](#) [Retrieved 5.23.24 for OSLC]



*Creamy and delicious and made easy in the crockpot, this dairy-free Buffalo Chicken Dip is an appetizer for all to enjoy. It has the perfect amount of kick and you won't even miss the dairy! This Crockpot Buffalo Chicken Dip recipe will make a great addition to your scaled-down Holiday menu or as a tasty game-day snack.*

Time: 4 hrs 10 mins      Servings: 10 servings

### Ingredients

1 lb. chicken breast, raw

¾ cup [buffalo sauce](#), divided

½ cup [mayo](#), divided

1 red bell pepper, finely diced

2 celery stalks, finely diced

3 green onion, ends trimmed then sliced, white and green parts separated

¼ cup unsweetened milk of choice (coconut or almond milk works great – NOT vanilla!)

Celery, carrots, mini bell peppers and tortilla chips for serving

[Ranch](#) and/or hot sauce for drizzling onto, optional (for Whole30 and Dairy-free us [Primal Kitchen Ranch](#) and Franks Red Hot Sauce)

### Directions

In a small bowl combine ½ cup buffalo sauce with ¼ cup mayo. Whisk together until smooth.

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.

Set the slow cooker on high and cook for 3-4 hours or on low for 5-6 hours.

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 ¼ cup mayo, ¼ cup buffalo sauce, ¼ 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 if needed to thin.

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.

Serve with celery sticks, carrot sticks, mini bell peppers, and tortilla chips.

NUTRITION INFORMATION: Serving Size: 1/10 of recipe - about 1/4 cup      Calories: 185  
Fat: 14 g (Sat Fat: 2 g), Sodium: 575 mg, Carbohydrate: 3 g (Fiber: 1 g Sugar: 1 g) Protein: 13 g

DIETARY Dairy-FreeGluten-freeGrain-FreePaleoWhole30