Crunchy Wholegrain Nuggets

International Whole Grain Day is on the 16th November 2021. Eating enough wholegrains is beneficial to lowering cholesterol, keeping the heart healthy, and forms part of a varied and nutritional diet! Using wholegrain cereal, and baking instead of frying, gives these crunchy nuggets a healthy living thumbs up!

Ingredients

* 2 cups Cheerios®
* 0.5 teaspoon pepper
* 60ml semi-skimmed milk
* 2 tablespoons honey
* 1 tablespoon mustard
* 450g boneless, skinless chicken breasts or thighs, cut into 3.5 cm pieces
* Cooking spray

Method

1. Heat the oven to 200° C.
2. Spray a 33 x 23cm baking tray with cooking spray.
3. Finely crush the Cheerios®.
4. Stir together the Cheerios® and pepper; set aside.
5. In a medium bowl, stir together milk, honey and mustard.
6. Dip chicken into the milk mixture; and then coat with cereal mixture.
7. Place the chicken on the baking tray, and lightly spray the nuggets.
8. Bake for 20 to 25 minutes or until the outside is golden and the chicken is no longer pink.