



Honey Mustard Chicken Fingers

Barb started making these chicken fingers when her girls were very little and time was a precious commodity. They are super easy to make and delicious! A much healthier version than the kind you find at fast food places.

Serves: 4

Ingredients

- 1 pound boneless chicken breast (free of antibiotics or hormones)
- 1/4 cup honey, warmed
- 1/4 cup Dijon mustard
- 1/4 cup organic cornflakes
- 1/4 cup organic fiber crunch cereal

Directions

1. Preheat oven to 425.
2. Lightly grease cookie sheet.
3. Crush cornflakes and fiber crunch cereal (Barb uses a food processor).
4. In a small bowl, thoroughly mix Dijon mustard and warm honey.
5. Put crushed cornflakes and [fiber crunch cereal](#) in a separate bowl.
6. Slice chicken into 1/4 inch strips.
7. Dip chicken strips in honey mustard mix and then roll in cornflake/cereal mixture. Place on greased cookie sheet.
8. Bake for 10 to 15 minutes.