

# Chicken Drummers



If your child loves to run around at lunch time, and eating is not high on the priority, then this finger food is perfect. Easy for them to eat so they can run off and play.

## INGREDIENTS

- 1 kilo chicken drummers or wingettes
- ¼ cup raw honey or rice malt syrup
- ½ cup tamari (gluten free soy sauce)
- 1 clove garlic crushed
- 1 lemon juiced

Our whole family loves these. I have a hard time making them and keeping them aside for school lunches because the kids want to eat them - like now!

## METHOD

1. Mix the honey, tamari, garlic & lemon.
2. Pour over the chicken.
3. Marinate in fridge for 1 hour. (can skip this if you don't have time)
4. Pre-heat oven to 180 degrees.
5. Take chicken out of marinade and put in baking pan.
6. Bake for about 1 hour - turn a couple of times throughout.

## TIPS

- Keep in fridge and best eaten in about 2 days.
- Pack some wet wipes to make it easy for them to clean their fingers. This will save time for them having to run to the toilet to wash their hands.

## ANOTHER 2 WAYS TO USE THIS RECIPE

- Serve on a bed of lettuce with cherry tomatoes.
- Take the flesh off the bones, and mix through some brown rice with tomatoes and other salad vegetables your child likes, or even put the flesh on a sandwich.