

Honey Chicken Biscuit

Ingredients

- 3/4 cup all-purpose flour
- 1-1/4 cups whole wheat flour
- 3-3/4 tsp baking powder
- 1 tbsp granulated sugar
- 3/4 tsp salt
- 1/4 cup unsalted butter
- 1 cup buttermilk, lowfat
- 24 pieces chicken nuggets
- 1/2 cup + 3/4 tsp honey

Notes

Number of Portions: 12

Serving Size: 1 each

Nutrition Facts: 214 calories, 7.53 g fat, 3.26 g saturated fat, 350 mg sodium, 32.59 g carbohydrate, 1.72 g fiber, 14.4 g sugar, 6.09 g protein

Directions

1. Preheat oven to 450°F. Combine flours, baking powder, sugar, and salt in mixer.
2. Cut butter into medium dice sized pieces. As dry ingredients are mixing, slowly add in cold butter and blend until mixture looks coarse and crumbly.
3. Mix in buttermilk until just moistened and mixture holds together. **DO NOT OVER MIX!** Turn dough out on a lightly floured surface and knead gently, folding dough 8 to 10 times.
4. Roll out to 3/4 inch thickness and cut biscuits into 2 inch rounds. Place biscuits on an ungreased baking sheet. Bake in 450° F oven for 10-12 minutes, until biscuits are golden brown.
5. Place chicken nuggets onto baking sheet and bake in 350°F oven for 10 minutes or until internal temperature reaches 165°F.
6. Remove chicken from oven and drizzle with honey (honey can also be served on the side). To serve, place chicken on biscuit.