



# Recipes

# Cheesy spelt nuggets

Children often love food they can eat with their fingers. These cheesy spelt nuggets are therefore very well-liked in our household. Served together with a light yoghurt dip, they make for a super-quick and delicious lunch.

## Cheesy spelt nuggets

**Preparation time: 45 minutes**

**Serves 4**

### Ingredients:

- 200 g of **LAND-LEBEN spelt bread cubes**
- 220 ml of milk
- 150 g of grated cheese (e.g. Emmental)
- 1 egg
- 1 carrot
- 1/2 tsp of salt
- 1 tbsp of chopped parsley

**Preparation:**

Blend the spelt bread cubes, milk, grated cheese, egg, finely grated carrot, salt and parsley. Cover and let it sit for 15 minutes.

In the meantime, preheat the oven in convection mode to 180°C.

Knead the bread dough with force. Then shape the dough into nuggets with your hands wet. Place the nuggets onto a baking sheet lined with baking paper and bake them for 15 minutes.

A light yoghurt dip goes well with the nuggets.

**Tip:** The nuggets can be prepared in large batches and stored in the freezer. You can defrost the desired amount and reheat them, for example, in a hot soup.