

## cheesy broccoli bites

Hopefully your little ones will love these. They are a great snack, lunchbox item or even as a meal. They freeze well and are delicious warm or at room temperature. You can swap the broccoli for cauliflower if your kids are averse to green food!

### ingredients

1 head of broccoli, about 1 lb, weighed with stems\*

3 eggs

3 cloves garlic

½ tsp. sea salt

½ cup quinoa flakes or breadcrumbs

1 cup shredded goat mozzarella or organic mozzarella cheese

### directions

1. Preheat the oven to 400°F.
2. Generously spray a mini muffin tin with avocado or grapeseed oil spray. If you can find a heart shaped muffin tin, it would be really cute.
3. Cut the stalks away from the florets and using a vegetable peeler, peel the stalk and cut the stalk into 1 inch segments. Break up the florets into smaller pieces.
4. Steam or boil the broccoli stems for 5 minutes, add the florets and continue cooking for another 6 minutes or so. The florets should still have some crunch to them. Drain and let cool.
5. In the meantime, in a large mixing bowl, beat the eggs, add the garlic, salt, quinoa flakes and cheese, mix well.
6. When the broccoli has cooled, place in the food processor and pulse several times until you have a rice like consistency.
7. Add it to the egg mixture, mix well and distribute it evenly between the mini muffin tin.
8. Bake for 20-25 minutes, as soon as possible, remove from muffin tin, if you leave them too long, they will stick.

Makes 24 mini muffins

\*if you want a shortcut you can buy “riced” broccoli (a weight of 1 lb), steam it (stovetop or microwave) and add it as you would after