



avron

Healthy Recipe of the Week

Broccoli & Cheese Bites

Do you have picky kids who don't like veggies? These little bites are packed full of flavour they won't even notice the broccoli!



Instructions

1. Preheat your oven to 375 degrees fahrenheit. Thaw out 454g of broccoli.
2. Shred 1-2 cups of the cheddar cheese. Combine broccoli, 1 cup of bread crumbs, the cheese, 3 eggs, 1 tsp of garlic powder, and salt and pepper to taste.
3. Mix together well with a spoon,
4. Using your hands, create small patties and place them on a parchment paper lined baking sheet.
5. Bake in the oven for 20-25 minutes, flipping them halfway through.
6. Remove them from the oven and let them cool for a few minutes. Serve by themselves or with ranch!



Ingredients

	Broccoli Florets	
106-499	2kg	\$8.59
	Bread Crumbs	
102-423	2x250g	\$4.85
	Cheddar Cheese Medium Block	
111-281	2.25kg	\$39.99
	Eggs	
101-400	1 dozen	\$3.69
	Table Salt	
103-951	1kg	\$1.39
	Black Pepper Ground	
103-904	454gr	\$12.99
	Garlic Powder	
103-914	454gr	\$9.99

Avron offers all the ingredients needed to make this simple and nutritious recipe!

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