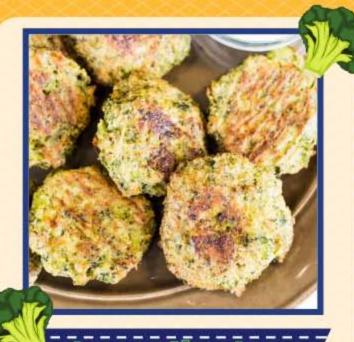


## Healthy Recipe of the Week



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!

## 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

- 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,
- Using your hands, create small patties and place them on a parchment paper lined baking sheet.
- 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!



