

GLUTEN FREE BROCCOLISAURUS TOTS

INGREDIENTS

3 cups fresh or frozen broccoli florets

2 large eggs

¼ teaspoon onion powder

½ cup grated cheddar cheese , or grated parmesan cheese

⅔ cup almond or oat flour

1 Tablespoon Italian seasoning

¼ teaspoon garlic powder

½ teaspoon sea salt



HOW - T O

Have a grown up preheat the oven to 200°C and grease a baking sheet or line it with parchment paper.

Steam broccoli for 5 minutes, then finely chop in a food processor or by hand. Drain well.

In a bowl, combine broccoli with other ingredients. Shape into tots using a tablespoon or cookie scoop and place on the baking sheet.

Bake for 20-25 minutes, flipping halfway, until golden brown. Enjoy hot with your favorite dipping sauce.



VEGESAURS

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