

Kid-Friendly Broccoli Bites



A delicious and fun way to make your kids love broccoli! These bites will please both the little ones and the grown-ups.

Enjoy your meal!

Preparation 5 min

Cooking 25 min

Servings 4

Nutrition Facts (per serving)

Calories 265

Fat 12

Carbohydrates 21

Fibre 4

Protein 19

Sodium 270

Ingredients

- 250 ml (1 cup) rolled oats
- 1 L (4 cups) broccoli florets
- 250 ml (1 cup) grated cheddar cheese
- 4 eggs
- 10 ml (2 tsp) Italian seasoning

- 2.5 ml (½ tsp) garlic powder
- Pepper and salt, to taste

Note : For a gluten-free recipe, choose certified gluten-free oats.

Preparation

1. Preheat the oven to 190°C (375°F).
2. In a food processor, grind the rolled oats into powder. Set aside in a small bowl.
3. In the same food processor, finely chop the broccoli florets.
4. Add the ground oats and the remaining ingredients. Pulse until you have a homogeneous mixture.
5. Using a spoon, place 15 ml (1 tablespoon) of the mixture on a baking sheet lined with parchment paper. Repeat for the entire mixture, leaving a little space between each bite.
6. Gently press each bite with the back of the spoon to give them a uniform thickness.
7. Bake for 20-25 minutes until they are lightly golden. Let them cool before serving.

Serve with Marinara sauce or your sauce of choice.

Notes

Store in an airtight container in the refrigerator for up to 3 days. Freeze for up to 3 months.



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