



Broccoli and Cheese Bites

1-2 YEARS

RECIPE

PREP: 15 MINS

COOKING: 15 MINS

PORTION(S): 20

SNACKS

Have your kids falling in love with broccoli with these delicious cheesy morsels. Broccoli and cheese bites are a nutritious midday snack or afternoon tea and are perfectly shaped for small hands. Watch your cheesy broccoli bites disappear before your eyes with this recipe that the whole family is certain to love.

Ingredients

2 cups (170g) broccoli florets

½ cup (60g) grated tasty cheese

1 large egg

½ cup (75g) panko Japanese breadcrumbs

3 scoops NAN Toddler Milk Drink powder

Olive oil spray

Step by step

Broccoli and Cheese Bites Recipe

1. Preheat oven to 160°C/ 140°C fan forced. Grease and line a baking tray
2. Steam broccoli until just tender. Using a food processor, blend or process broccoli, cheese, egg and breadcrumbs, and NAN Toddler Drink powder; blend or process until finely chopped and just combined.
3. Roll level tablespoons of mixture into balls, flatten slightly.
4. Bake for 18-20 minutes or until lightly golden brown. Alternatively, cook in an air fryer at 180°C for 12-15 minutes (tip: grease air fryer base well to prevent sticking).