

Baked Broccoli & Cheese Nuggets

(SERVES 12)

RECIPE FROM HEALTHY

- 680G FROZEN BROCCOLI (DEFROSTED)
- 4 LARGE EGGS
- 4 CUPS CHEDDAR CHEESE - GRATED
- 3 CUPS WHOLEMEAL BREADCRUMBS (STORE BOUGHT OR STALE BREAD BLENDED UNTIL CRUMB CONSISTENCY)
- 1 TEASPOON GARLIC POWDER OR 1/2 TEASPOON MINCED GARLIC
- 1/2 TEASPOON DRIED OREGANO
- 1/2 TEASPOON DRIED BASIL OR 1 TEASPOON FRESH PARSLEY - FINELY CHOPPED

- PREHEAT OVEN TO 220 DEGREES.
- BLEND BROCCOLI AND EGGS IN A BLENDER UNTIL A THICK PASTE FORMS.
- PLACE BROCCOLI MIXTURE INTO A BOWL AND STIR THROUGH CHEESE.
- IN A SEPARATE BOWL COMBINE BRAD CRUMBS, GARLIC, OREGANO AND BASIL/PARSLEY.
- STIR 1 CUP OF THE BREADCRUMB MIXTURE INTO THE BROCCOLI MIXTURE. FORM SMALL GOLF BALL SIZE BALLS.
- PRESS THE BROCCOLI BALLS INTO THE BOWL OF BREADCRUMB MIXTURE, ONE AT A TIME, TO COAT THE EXTERIOR.
- PLACE ON A LINED BAKING TRAY. BAKE FOR 8 - 10 MINUTES.

NOTES:

- ADD COOKED BROWN RICE TO THE MIXTURE TO EXTEND THE PORTIONS FOR MORE PEOPLE.

NUTRITION INFORMATION

HEALTH BENEFITS OF BROCCOLI

- BROCCOLI IS A QUALITY SOURCE OF NON-HEME IRON, CALCIUM, SELENIUM, MAGNESIUM AND VITAMINS A, B GROUP, C, E AND K.

HEALTH BENEFITS OF CHEDDAR CHEESE

- CHEDDAR IS A QUALITY SOURCE OF PROTEIN, CALCIUM AND VITAMIN K.
- VITAMIN K IS IMPORTANT FOR BOTH BONE AND HEART HEALTH.

HEALTH BENEFITS OF WHOLEMEAL BREADCRUMBS

- WHOLEMEAL BREAD IS A COMPLEX CARBOHYDRATE. IS SLOWLY CONVERTS TO BLOOD GLUCOSE (SUGAR) PROVIDING SUSTAINED ENERGY PERIODS.

HEALTH BENEFITS OF HOMEMADE VEGETABLE NUGGETS VS STORE BOUGHT ANIMAL NUGGETS

- STORE BOUGHT PROCESSED OPTIONS CONTAIN A NUMBER OF PRESERVATIVES, ADDITIVES, THICKENERS AND COLOURINGS DETRIMENTAL TO HEALTH.
- HOMEMADE PROVIDES YOU WITH THE OPPORTUNITY TO ENSURE ONLY HEALTHY INGREDIENTS ARE INCORPORATED.
- STORE BOUGHT OPTIONS CONTAIN HARMFUL UNSTABLE OILS. WHEN CONSUMED CAN BE DETRIMENTAL TO HEALTH, CONTRIBUTE TO A NUMBER OF SIGNIFICANT CHRONIC HEALTH CONDITIONS AND ALTER DNA MATERIAL.

