

Broccoli Cheesy Bites

Makes 20 bites

6 bites = Exchange free

An additional 6 bites should be counted as 1 exchange



Ingredients

- 255g broccoli*
- 2 teaspoons egg replacer (with 4 tablespoons water)
- 1/2 teaspoon salt
- 200g of low protein bread, blended into breadcrumbs
- 70g of low protein cheese, such as Violife or Sons of Butchers
- Spray olive oil

* (85g Broccoli = Free, 85g thereafter = 1 exchange)

Method

1. Steam broccoli just until fork-tender.
2. Add broccoli, egg replacer, salt, low protein bread crumbs, and Violife parmesan cheese to a food processor; blend just until finely chopped.
3. Using 1 tablespoon at a time, form into balls and roll them in additional breadcrumbs before placing in the air fryer.
4. Spray with olive oil and lightly press down on the bites using a fork to make a nugget shape.
5. Air fry for 10 minutes at 180 degrees Celsius, turn them over, apply another coat of breadcrumbs if needed before cooking for another 10 minutes.

