

Cheesy Broccoli Patties

Ingredients

- 2 cups fresh or frozen broccoli (if frozen, thaw, drain well),
- 1.5 to 2 cups grated cheese 4 eggs + 2 egg whites
- 1 cup of Italian seasoned bread crumbs, partially crushed
- 1 teaspoon smoked Paprika
- 2 cloves garlic, minced very fine
- sea salt & freshly ground pepper, to taste

Method

1. Preheat oven to 180 (170 fan forced.)
2. Thoroughly combine all ingredients in a large bowl.
3. Use your hands to form small patties and place each one on a parchment lined baking sheet.
4. Bake for 15 minutes, then flip them over and continue to bake for another 10 minutes
5. Serve warm or allow to cool and dip them in ranch dressing!



Cheesy Cauliflower Patties

Ingredients

- 1 head cauliflower
- 2 large eggs
- 1/2 c cheddar cheese, grated
- 1/2 c bread crumbs (regular or gluten free)
- 2 cloves of finely diced garlic
- 1 finely diced red onion
- mixed herbs, salt and pepper to taste

Method

1. Preheat oven to 180 degrees
2. Cut cauliflower into florets & cook in boiling water or microwave until tender about 10 minutes.
3. Drain. Mash the cauliflower while still warm.
4. Stir cheese, eggs, bread crumbs, garlic, onion and seasoning to taste.
5. Grease a baking tray then form the cauliflower mixture into patties about 3 inches across.
6. Bake until golden brown & set, about 15 - 20 minutes.
7. Makes a great side dish or a healthy snack

