

# Broccoli Cheddar Quinoa Bites

## Ingredients:

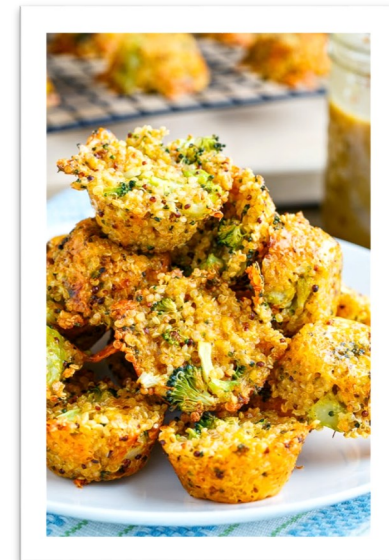
- Cook Quinoa 2 cups
- Large eggs 2
- Garlic cloves, minced 1
- White Flour 1/2 cup
- Sharp cheddar cheese, grated 1 1/2 cups
- Finely chopped broccoli 1 cup
- Ground mustard 1/2 tsp
- Salt 1/2 tsp
- Pepper 1/2 tsp
- Vegetable Oil to coat pan

## Did you know...

These tot-sized broccoli cheddar quinoa bites are packed with nutrients and the perfect size for little hands. They are great for baby led weaning or toddlers that like to dip. Simply pair these with fruit to make a complete, well-balanced meal!

## Directions:

1. Preheat oven to 350 degrees.
2. Mix all ingredients together in a large bowl.
3. Oil mini-muffin pan and spoon a heaping tablespoon of the mixture into each cup, pressing down mixture into each cup as you go.
4. Bake for 15-20 minutes until the bites are firm to the touch and slightly browned on top.
5. Serve immediately



*Recipe source: A Healthy Slice of Life*

*Image Source: closet cooking*