

# Crispy Broccoli Bites

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving Size: 3 pieces

Ingredients	Quantity	Measure
Broccoli florets	1	pound
All-purpose flour	1 ¼	cups
Salt	½	teaspoon
Garlic powder	1	teaspoon
Cayenne pepper	1/8	teaspoon
Nutritional yeast	¼	cup
Cold water	2	cups
Panko breadcrumbs	2	cups
Tamari	¼	cup
Oil for frying, optional		

## Preparation

1. Cut broccoli into medium florets.
2. In a small bowl, combine flour, salt, garlic powder, nutritional yeast, and cayenne.
3. Add cold water to flour mixture. Using a wire whisk, blend until smooth.
4. Dip broccoli into flour mixture. Coat well.
5. Remove broccoli from batter and shake off excess. Put on a wire rack and let the excess drip off.
6. Roll battered broccoli in panko breadcrumbs.
7. Bake or fry until golden brown and crispy.
8. If frying, heat 1-inch of oil in a deep skillet and fry until golden brown and crispy.
9. If baking, bake in a 425-degree oven until golden brown and crispy, approximately 10 minutes.
10. Drizzle with tamari and enjoy!

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 215 Total Fat: 12g Saturated Fat: 1g Monounsaturated Fat: 7.4g Polyunsaturated Fat: 3.4g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 21g Fiber: 2.6g Total Sugar: 1g Protein: 6g Sodium: 463mg  
Vitamin A: 12µg Vitamin C: 34mg Calcium: 21mg Iron: 1mg Folate: 28µg

