

Fun Broccoli Balls

Ingredients:

- 1 broccoli (cooked)
- 1 tbsp of olive oil
- 1 onion
- 1/4 cup breadcrumbs
- 1/4 cup blended almonds (sunflower seeds work as well if nut-free)
- Basil
- 1 tbsp chia seeds
- pinch of salt, pepper, nutritional yeast, and any spices of choice



Directions:

- Chop the onion and cook it using olive oil
- Blend the broccoli, then cook it for a few to excess moisture
- Mix the chia seeds with 3 tbs of water and leave for 3 minutes to create a vegan egg substitute
- Mix all of the ingredients together in a large bowl, add spices as needed
- Shape the mixture into balls and place them on a baking sheet
- Bake it in the oven at 400 degrees for 20-25 minutes

Bon Appetit!

