



## BROCCOLI AND CHEDDAR POWER PUFFS

These delicious cheesy puffs make a fabulous lunchbox or picnic option with a hidden portion of vegetables. You could also swap the broccoli for spinach, leeks or peppers.

You could really bump up the veg content by serving them with cucumber and carrot sticks to add texture and crunch to the lunchbox.

Once cooled store in an airtight container in the fridge for up to 3 days.



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; use a timer; tidy away; crack an egg; beat an egg; use measuring spoons and cups; use a jug to measure liquids; use weighing scales; cut using bridge/claw technique safely; use a box grater safely; use the oven (with adult supervision); use a colander; mash; beat ingredients together.

**Equipment:** Saucepan/Steamer, Bowl, Fork, Sieve/Colander, Chopping Board, Sharp Knife, Measuring Spoons, Measuring Jug, Weighing Scales, Box Grater, Wooden Spoon, Muffin Tin, Muffin Cases, Wire Rack.

**Allergens\*:** Gluten | Eggs | Milk

### Ingredients (makes 12):

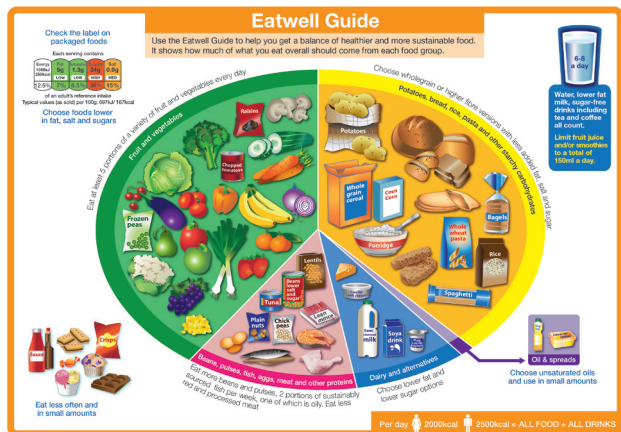
- 230g plain flour
- 140g grated cheddar cheese
- 200g broccoli, chopped
- 85g cherry tomatoes, chopped
- 175ml milk
- 20ml (2 tablespoons) olive oil
- 12g (3 teaspoons) baking powder
- 1 large egg, beaten
- 12 muffin cases
- Cooking spray (to grease the muffin cases)

### Method

1. Preheat the oven to 180°C/375°F.
2. Cook the broccoli until tender (boil or steam) and mash with the back of a fork.
3. In a bowl, sift the flour and baking powder together, mix in the cooked broccoli and cheese.
4. Add the chopped tomatoes, oil, beaten egg and milk, and mix well.
5. Spoon the mixture into 12 muffin cases or a greased muffin tin (the consistency should be a moist, sticky dough that is quite thick).
6. Bake for around 30 minutes or until golden.
7. Transfer to a wire rack to cool.

*\*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use*

## BROCCOLI AND CHEDDAR POWER PUFFS - Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about Broccoli and Cheddar Power Puffs...

**Broccoli** is a good source of fibre as well as a range of vitamins and minerals, such as Vitamin C and K, folate and potassium.

**Cheddar Cheese** can be high in saturated fats and salt. Use small amounts of mature cheese (it tastes stronger so you need less of it!) and choose low fat options where possible.



### Energy, sugar, fat and salt per serving

Per 84g serving

**ENERGY**  
695kJ / 166kcal 8%

**MED FAT**  
7.3g 10%

**MED SATURATES**  
3.2g 16%

**LOW SUGARS**  
1.8g 2%

**MED SALT**  
0.6g 9%

% of an adult's reference intake  
Typical values per 100g : Energy 828kJ / 198kcal

### Notes

**A traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage