



*Nut Free • Vegetarian  
No Added Sugar*

# Tree Dunkers



LIVE WELL  
ALABAMA



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# Tree Dunkers

## INGREDIENTS

Cooking spray

4 cups broccoli and/or cauliflower florets

2 egg whites, beaten lightly

1 tablespoon low fat milk

$\frac{2}{3}$  cup breadcrumbs

2 tablespoons Parmesan cheese, grated

Pizza sauce

## DIRECTIONS

1. Preheat oven to 400 degrees F. Spray baking pan with cooking spray.
2. In large plastic bag, add vegetables, egg whites, and milk. Shake to coat.
3. Add breadcrumbs and cheese to bag. Shake to coat.
4. Place vegetables on baking pan.
5. Bake 20 minutes, stirring after 10 minutes.
6. Serve with warm pizza sauce for dipping.

## TIPS

- Let kids shake the bag. Helping in the kitchen can make kids want to try new foods.
- For more pizza flavor, try adding Italian seasoning to breadcrumbs before coating veggies.

*Appetizer, Side Dish | Serves 6*