

Spuddie Bites

You may want to double the recipe as they are yummy yummy yummy to the max. Also get your toddler or child to help you make these and expect they will eat them as they go along so yes, make a double batch I would say. I ate 3 before they made it to the oven. Oops!!!

Ingredients

2 medium potatoes (peeled and diced)
1 clove garlic roughly chopped
½ large head broccoli (cut up in small pieces)
120g cooked cannellini beans
1 tbsp soy milk
Olive oil

Salt and pepper to taste

Method

1. Place the potatoes, garlic and ½ tsp salt in a saucepan and cover with water.
2. Bring to the boil then simmer for 3 minutes. Return to boiling then add the broccoli and cook for 5 to 10 minutes or until the potato is soft.
3. Mash the veggies with a potato masher or fork. Add a splash of olive oil and soy milk.
4. Mix in the cannellini beans and let the mixture cool a bit.
5. Line a baking tray with baking paper and then shape the potato mixture into log shapes - now they are spud bites.
6. Brush the spud bites with olive oil and bake in a 200°C oven for 15 to 25 minutes or until brown on the bottom and a bit on the top.