

Healthy Adventures Safari

Tummy growling? Go wild for some

Jungle Bushes!

INGREDIENTS



MAKES
Makes 20 pieces



2 cups chopped
broccoli florets
(or riced broccoli)



2 tablespoons
parsley

1/4 cup finely
chopped yellow
onion



1/3 cup low fat
cheddar cheese



1 large
egg



1/3 cup panko
breadcrumbs



1/3 cup Italian
breadcrumbs

Dash of salt
& pepper

INSTRUCTIONS

First things first... get excited! Let out your biggest ROAR!

1. Preheat your oven to 400°. Grease a baking sheet, then set that baby aside.
2. Set the broccoli in boiling water for 1 minute. Then, remove it and run it under cold tap water. Drain well. (If using riced broccoli, skip step 3.)
3. Finely chop the broccoli. After, mix it with your egg, onions, cheese, breadcrumbs, parsley, salt and pepper. Adults chop. Kids stir.
4. Scoop about 1.5 tablespoons of mix into your hands, then gently press and form it into a tater-tot shape. (Rinse your hands after every few tots so they're not so sticky.)
5. Place your tots onto the baking sheet, and bake for 18-24 minutes (until they're golden brown and crispy). Be sure to flip them halfway through!
6. Let 'em cool for a minute, then enjoy!

DON'T FORGET TO GET 60!

Kids need 60 minutes of physical activity every day. Get yours by making a list of animals and having a scavenger hunt at the zoo!

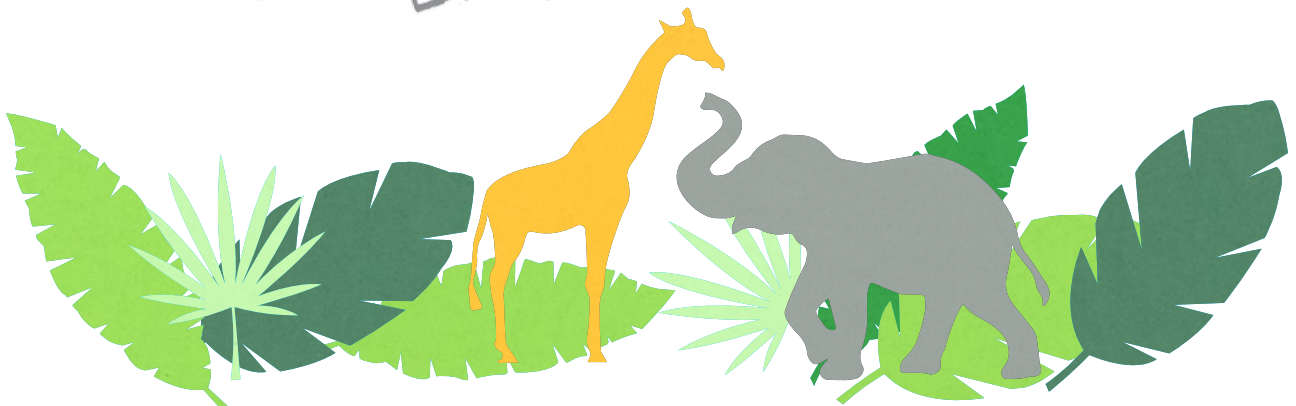
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ZOO SCAVENGER HUNT

Monkey around at the zoo to get 60 minutes of physical activity! Keep your eyes peeled for these animals, and check them off as you go!

- Rhino
- Turtle
- Giraffe
- Bear
- Chimpanzee
- Sea Lion
- Alligator
- Lion
- Flamingo
- Sea Horse
- Otter
- Eagle



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