**Broccoli Bites (Serves 2 /**  **SmartPoints per serving)**

* **2 slices light bread, processed to crumbs and dried in the microwave, separated**
* **10-12 ounces fresh or frozen broccoli florets, thawed if frozen, drained and dried**
* **1⁄2 cup onion, chopped**
* **1 garlic clove**
* **3 ounces egg substitute**
* **16 grams cheese powder**
* **2 ounces Cabot 75, shredded**
* **½ teaspoon paprika**
* **½ teaspoon onion powder**

**Honey Mustard Dressing (optional)**

* **3 tablespoons fat-free plain yogurt**
* **1 tablespoon Dijon mustard**
* **1 tablespoon sugar free maple syrup**
* **1 teaspoon lemon juice**
* **2 teaspoons cider vinegar**

**Broccoli Bites**

1. Make breadcrumbs.
2. Place thawed, drained, and dried broccoli florets into a food processor and pulse until pea-sized.
3. Steam broccoli with 1 tablespoon water in microwave for 3 minutes.
4. Pulse onion and garlic until pea-sized. Add steamed broccoli, egg, cheese powder and cheese and process until almost smooth. Add half of breadcrumbs and pulse to combine.
5. Place in the refrigerator to bind the mixture for at least an hour.
6. Combine remaining breadcrumbs with paprika and onion powder in a small bowl.
7. Scoop out 1 tablespoon of broccoli mixture at a time and form into a tight balls.
8. Roll the balls in the breadcrumb mixture, coating them well.
9. Place balls on a tray and freeze for at least an hour. Meanwhile, heat oven to 400 degrees.
10. Bake balls ?? minutes, flipping once halfway through. Serve right away.

**Honey Mustard Dressing (optional)**

1. In a small mixing bowl, combine all ingredients with a whisk until smooth and well combined.