



Broccoli Hash Browns

Ingredients:

- 1 package Nature's Earthly Choice™ Riced Broccoli
- 1 cup shredded cheddar cheese
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 large egg, lightly beaten
- 3 to 4 tablespoons coconut flour or breadcrumbs
- Salt and pepper, to taste

Directions:

1. Preheat the oven to 400 degrees Fahrenheit. Line a large baking sheet with parchment paper or a silicone mat. In a large bowl, squeeze the broccoli with a paper towel to remove the excess water.
2. Combine all the ingredients in a large bowl. Form the mixture into patties and place on the baking sheet. Bake for 20 to 25 minutes or until golden brown, flipping once halfway.
3. Optional: For a crispier version, fry the hash browns. Warm avocado oil in a skillet over medium-high heat. Fry the hash browns 2 to 3 minutes on each side or until golden brown.