



Broccoli Bites



Prep: 10
Cook: 15



Serves: 4



Ingredients:

- 2-3 heads of broccoli
- olive oil
- 4 garlic cloves-chopped finely
- salt
- pepper
- raw sliced almonds
- 2 – 3 tablespoons of parmesan cheese (optional)



Follow these 4 easy steps:



1

1. Preheat the oven to 475 degrees Fahrenheit. or you prefer less crispy florets, reduce the oven temperature to 425F - 450F and adjust cooking time as necessary.



2

2. Line a sheet pan with aluminum foil. Trim any dry, tough ends of the broccoli crowns, leaving roughly 2-inches of stalk attached. Slice the broccoli into ½-inch-thick steaks.



3

3. Lay broccoli evenly on the sheet pan. Drizzle olive oil on top, along with garlic. Use hands to rub olive oil into the broccoli. Add salt and pepper to your liking. Put into the oven for 8 minutes.



4

4. Remove pan from oven. Sprinkle sliced almonds and Parmesan on top to your liking. Place back into the oven for 6-8 minutes.

And voila! It's done!

