Vegetable and cottage cheese muffin cups with cauliflower and green beans

NZB-1076 · Savoury breakfasts · Warm · 10 children

INGREDIENTS

wholemeal flour · 250 g

plain cottage cheese · 240 g

pasteurised milk · 160 mL

eggs · 3 each

baking powder · 10 g

canola oil · 20 mL

cauliflower · 190 g

green beans · 190 g

Prepared produce weights are edible weights. Adjust portions and textures for the individual child.



Illustrative family serving; produce varies by recipe.

PREPARATION

1. Steam cauliflower florets until very soft and mash.
2. Trim and remove strings from green beans. Cook until very soft, then mince across the fibres.
3. Whisk eggs, milk, cottage cheese and oil. Fold in flour, baking powder and cooled well-drained vegetables. Divide into 10 lined cups and bake at 180°C until set with no wet batter. Serve soft pieces.
4. Divide the finished batch into 10 starting portions. Adjust texture and portion for the individual child.

SERVING TEXTURE

Serve soft, manageable pieces or a moist mash. Seat and supervise children while eating. Use each child's feeding plan where applicable.

ALLERGEN CHECK

Milk, egg, wheat (gluten). Verify product labels, substitutions, individual plans and cross-contact controls.

SHARED INGREDIENTS

plain cottage cheese, pasteurised milk, eggs, canola oil, cauliflower, green beans

Approx. preparation 15–20 min + an extra 10-minute serving allowance. Cooking time varies. Estimates are not kitchen-tested.

Provisional batch for 10 children aged 3–5. Recipe review copy. Check individual allergy, nutrition, feeding and food safety plans. Cost estimate pending verification.