



RECIPES > VEGAN SNACKS & APPETIZER RECIPES

## Potato and Broccoli Tots

# INGREDIENTS

1 tablespoon flaxseed meal

1 head broccoli with stem + 1 more broccoli stem (12 oz.)

1 8-oz. russet potato, scrubbed

1 tablespoon nutritional yeast

¼ teaspoon sea salt

Ketchup or other dip such as Creamy Cilantro-Garlic Dressing

# INSTRUCTIONS

1. Preheat air fryer to 400°F. Line a baking sheet with parchment paper or a silicone baking mat. In a small bowl stir together flaxseed meal and 2½ tablespoons water. Let stand 5 minutes.
2. Using a paring knife or potato peeler, peel the woody skin off the broccoli stems. Using the medium holes on a box grater, coarsely shred broccoli stems and potato into a large bowl. Finely chop broccoli florets and add to bowl. Add flaxseed mixture, nutritional yeast, and salt; mix well. Using wet hands, form rounded tablespoons of the mixture into short cylinders. Place tots on the prepared baking sheet.
3. Working in batches, arrange tots in air-fryer basket in a single layer without touching one another. Air-fry 10 minutes. Turn tots over; air-fry 8 minutes more or until browned and crisp. Serve immediately with ketchup or your dip of choice.



