



Bubbly Broccoli and Cheddar Casserole in a Cup + Very Berry Apple Sparkling Juice for One

By Erin Fletter

Prep Time 6 / Cook Time 5 / Serves 1 - 1

Shopping List

FRESH AND FROZEN

1/4 C broccoli florets

1/4 C mixed frozen berries

DAIRY

2 T milk ****(see allergy subs below)****

4 T grated cheddar cheese ****(see allergy subs below)****

PANTRY

1/4 C instant rice

1/4 tsp cornstarch

salt + pepper to taste

1/2 C apple juice

1/2 C sparkling water

HAVE ON HAND

1/4 C cold water

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

chill: to cool, not freeze, food or drink by putting it on ice or in a refrigerator.

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

Equipment

- Microwave
- Potholders
- Microwave safe mug
- Dry measuring cups
- Liquid measuring cup
- Spoon
- Microwave-safe mug
- Paper towel or dish towel
- Cutting board
- Kid-safe knife (a butter knife works great)
- Measuring spoons
- Grater
- Soap for cleaning hands

Ingredients

Bubbly Broccoli and Cheddar Casserole in a Cup

- 1/4 C broccoli florets

- 1/4 C instant rice
- 1/4 C cold water
- 1/4 tsp cornstarch
- 2 T milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- 4 T grated cheddar cheese **** (for DAIRY ALLERGY sub dairy-free/nut-free cheddar cheese shreds, like Daiya brand)****
- salt + ground black pepper to taste

Very Berry Apple Sparkling Juice for One

- 1/4 C mixed frozen berries
- 1/2 C apple juice, divided
- 1/2 C sparkling water

Food Allergen Substitutions

Bubbly Broccoli and Cheddar Casserole in a Cup

Dairy: Substitute dairy-free/nut-free milk. Substitute dairy-free/nut-free cheddar cheese shreds, like Daiya brand.

Very Berry Apple Sparkling Juice for One

Instructions

Bubbly Broccoli and Cheddar Casserole in a Cup

chop + add

Finely chop **1/4 cup of broccoli florets** and add them to a microwave-safe mug.

measure + stir

Measure and stir in **1/4 cup instant rice** and **1/4 cup cold water** to the mug.

cover + microwave

Cover the mug with a paper towel or dish towel and microwave on high for 3 minutes. Carefully remove the mug using potholders!

measure + add + stir

Measure and add **1/4 teaspoon cornstarch**, **2 tablespoons milk**, and **4 tablespoons grated cheddar cheese** to the mug. Stir to combine.

cover + microwave

Cover the mug with a paper towel or dish towel and microwave on high for 1 minute. Carefully remove the mug using potholders!

season + taste

Season with salt and black pepper to taste. Eat and enjoy with **Very Berry Apple Sparkling Juice for One!**

Very Berry Apple Sparkling Juice for One

measure + mix + microwave

Measure and add **1/4 cup frozen berries** and **1/4 cup apple juice** to a microwave-safe mug. Mix and microwave on high for 30 seconds.

measure + stir

Measure and stir in the remaining **1/4 cup apple juice** and **1/2 cup sparkling water**.

chill

If possible, refrigerate the Very Berry Apple Sparkling Juice for One while you make the **Bubbly Broccoli and Cheddar Casserole in a Cup**.