



Cook

Arlo's Broccoli Snack

Total Time	Prep Time	Cook Time
30m	20m	10m

During their journey in *The Good Dinosaur*, Arlo and Spot learn how to survive in the wild together.

Prepare your little ones for their school day adventure with a snack that's easy-to-make and healthy too.

The Good Dinosaur asks the question: What if the asteroid that forever changed life on Earth missed the planet completely and giant dinosaurs never became extinct? In this epic journey into the world of dinosaurs, an Apatosaurus named Arlo makes an unlikely human friend in Spot.

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What You'll Need

- 1 head of broccoli
- 50g pine nuts
- 50g currants
- Olive oil

How To Make It

- 1 Preheat oven to 220f/200c. Cut the broccoli into florets.
- 2 Place broccoli, pine nuts and currants on a baking tray and toss with olive oil, salt and pepper.

Roast in oven for 15-20 minutes.

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Place broccoli snack in small mason jars or air tight boxes to enjoy on the go!

Nutritional Facts

This recipe contains nuts.

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