

# Choose Your Adventure Cups

We provided a range of ingredients and encouraged students to design their own cups.

Recipe based on one from: Melissa Huggins

Prep Time 10 mins    Cook Time 10 mins    Total Time 20mins

## Ingredients

- 6 Wonton Wrappers
- Vegetables of choice - we used roasted pumpkin and zucchini, artichoke hearts, cooked leek, spinach
- Vegan creamy sauce -2 tbsp vegan mayonnaise, 2 tbsp vegan cream cheese , softened, ½ teaspoons lemon juice, 1 tbsp nutritional yeast
- Tomato sauce - passata and pizza base
- Panko breadcrumbs
- Herbs and spices of choice - garlic powder, granulated onion, oregano, paprika, chilli, fresh cracked pepper, salt



## Instructions

1. Preheat oven to 375° F (190° C).
2. Spray a muffin tin, and press a wonton wrapper into each centre. Bake for approx 10 mins or until slightly brown and hard. Remove and allow to cool
3. In a bowl, combine your desired ingredients, sauce, herbs and spices
4. Fill the wonton shells using a small spoon. Place a baking tray.
5. Place in the oven and bake for 10-12 minutes, until filling is heated throughout. Serve immediately.