

Mini Turkey Meatballs

INGREDIENTS:

- 1 lb. lean ground turkey (or your choice of ground meat)
- 1 T sage
- ½ T rosemary
- 1 tsp. sea salt
- 1 tsp. freshly ground pepper
- ½ tsp. garlic powder

PROCESS:

- Preheat oven to 350 degrees
- In a large bowl, mix together the turkey with the remaining ingredients.
- Take a scoop of meat mixture or roll into a ball and place in a muffin pan.
- Bake for 20-30 minutes until desired doneness

Note:

1. If you are in a hurry just scoop turkey into the muffin pan and sprinkle with salt and pepper.
2. If you weigh the meat before putting it into the muffin pan you can calculate the amount needed to make, for example, meatballs that equal 10g of protein. This makes a great grab and go snack or meal.
3. If you use silicone muffin cups the meatballs can be removed easily.