



Turkey Apple Meatballs



prep time
15 minutes



total time
35 minutes



servings
6
2 per person

Ingredients

- 1 lb/450 grams lean ground turkey
~ 12.5 protein servings
- 1/2 cup gala, red, or honey crisp apple
diced small and peeled, about 1/2
medium apple ~ 1/2 carb serving
- 1 egg ~ 1 protein, 1 fat serving
- 2 tbsp Coconut Aminos
- 1/3 cup white or yellow onion finely
chopped, about 1/4 small or medium
onion ~ 1/3 serving veggies
- 1/4 cup fresh rosemary finely
chopped, 1/2 oz
- 1 tsp salt
- 1 tsp pepper
- 1/2 tsp garlic powder
- 1/2 tsp chili powder
- 1/2 tsp dried thyme

simple breakfast

Instructions

- 1 Preheat oven to 400 degrees.
- 2 Combine all ingredients in a large mixing bowl. Now we're ready to create the meatballs! At this point your turkey mixture is going to be pretty mushy. That's just the nature of ground turkey. If you want to firm it up place the bowl in the refrigerator for about 30 minutes and then form the meatballs.
- 3 Use your hands to shape the meatballs into balls approximately 1 1/4 to 1 1/2 inches in diameter. This produces 24 meatballs.
- 4 Place meatballs in a single layer on a parchment paper lined baking sheet. (Can omit the parchment paper and use a greased baking sheet if you prefer.) Leave a little space in between each meatball.



- 5 Bake for 15 to 20 minutes. (Check the inside of one meatball after 15 minutes and if not cooked through add another 5 minutes. Cooking time can vary based on the oven and size of the meatballs.)
- 6 Remove from the oven and serve! You can also store in the refrigerator in an airtight container to enjoy throughout the week or freeze for later.

Whole Recipe Breakdown:

13.5 Servings Protein
0.5 Servings Carb
1 Servings Fat
0.33 Servings Veggies

