



Turkey Meatballs



Ingredients:

- **Ground Turkey 97% Lean/3% Fat**
- **2 tbsp Almond Flour**
- **2 Eggs**
- **1 Medium Onion**
- **2 tsp minced garlic**
- **2 tsp parsley**
- **2 tsp oregano**
- **1 tbsp Avocado oil**
- **1 tbsp salt & Pepper**

Instructions:

- **Combine the beaten egg, grated onion, garlic, parsley, oregano, salt, pepper, almond flour**
- **Mix well and then mix in the meat. (These meatballs are much stickier than traditional)**
- **Preheat the oven to 400 degrees F.**

Add recipe title here



Ingredients:

Calories 122

Protein 13

Carbs 1

Fat 7

**Suggestions: Top with a Tomato sauce or Teriyaki sauce, or Parmesan cheese-
Lean turkey can be more dry so add your favorite topping!**

Instructions:

- **Heat a nonstick skillet over high heat and add enough of the avocado oil to coat the skillet. Make 20 meatballs drop them directly into the pan. Let them cook for about 30 seconds or until brown, then flip them over using a spoon. Cook them until brown on the other side, about 30 seconds, and then transfer to a baking sheet lined with parchment or foil.**
- **Transfer the meatballs to the oven and bake for about 20 minutes**