



Meaty Meatballs!

Maintenance to be mixed into meatball: *Max of 1 tsp of maintenance nut/seed*

Tip: great for mustard maintenance food

Ingredients:

- 1 cup gluten-free bread crumbs (Schar gluten-free breadcrumbs is an option)
- 2 tablespoons Italian seasoning (mixture of basil, oregano, rosemary, thyme)
- 1 tablespoon onion powder
- 1 teaspoon salt
- ¼ teaspoon nutmeg
- 2 tablespoon minced garlic
- ¾ cup milk; DAIRY-FREE option use almond, cashew or coconut milk
- 2 pounds ground beef or ground turkey
- 2 large eggs, whisked

Instructions:

1. Preheat oven to 375F. Line 2 baking sheets with aluminum foil
2. In a small bowl, stir together breadcrumbs, Italian seasoning, onion powder, salt, nutmeg, and minced garlic. Stir in the milk and let it sit for 2-3 minutes
3. In a large bowl, mix together beef (or turkey) and eggs. Add the breadcrumbs mixture and mix together to fully combine. Do not overmix the meat or the meatballs will be tough
4. Use a medium/large cookie scoop to scoop out the meat to make 2 inch meatballs – or scoop out as much meat as desired. *Add your maintenance nut and/or seeds (can fit up to 1 tsp of maintenance).*
5. Place meatballs on the lined baking sheet and repeat steps above.
6. Bake for 20-25 minutes, until golden brown. Please monitor as all ovens are different.
7. Store leftovers in airtight container in the refrigerator. Meatballs can also be frozen and reheated/reheated in the oven, microwave, or stove top.

****If your child is allergic to cow milk, please use dairy free options**

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Food Allergy Institute Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: Eggs, Dairy