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Turkey Meatloaf Muffins

These savory turkey meatloaf muffins are not only easy to make, they're also low in calories and carbs! They make a flavorful, fuss-free meal prep option the whole family will gobble up.

Prep time: 15 min. Cook time: 30 min.

Serving size: 1 muffin

Recipe yields 12 muffins

Ingredients:

Muffins

20 oz. 93% lean ground turkey

1/2 cup rolled oats

1/2 cup finely chopped onion

1/4 cup ketchup

1 whole egg

2 tsp Worcestershire sauce (optional)

1 tsp poultry seasoning (or 1/2 tsp each dried sage and thyme)

1/2 tsp black pepper

1/2 tsp kosher or sea salt (optional)

Topping

6 cups steamed cauliflower

3 tbsp grated or shredded Parmesan cheese

1 tbsp buttery spread (ghee, unsalted butter, or vegan buttery spread)

1/2 tsp kosher or sea salt (optional)

1/4 tsp garlic powder

Directions:

1. Preheat oven to 375 degrees F.
2. Combine muffin ingredients using a fork or your hands just until ingredients are evenly distributed.

3. Lightly coat a nonstick muffin pan with cooking spray, then add 1/4 cup of turkey mixture per tin, using the back of the measuring cup to press down into the well.
4. Bake muffins for 25-30 minutes, or until internal temp reads 160 degrees F.
5. Meanwhile, add steamed cauliflower, parmesan, buttery spread, garlic powder, and salt (if using) to a blender. Blend briefly, then scrape mixture down the sides and blend again until smooth and creamy.
6. Allow muffins to cool for 5-10 minutes, then spoon cauliflower mash into a sealed baggie. Cut off one corner and pipe mixture onto muffins like frosting. Enjoy hot with a side of steamed veggies, or divide between meal prep containers to enjoy the rest of the week! Will keep in the fridge up to one week; freezing not recommended.