



Turkey Meatloaf Muffins

Calories: 80

Fats: 2 grams

Carbs: 4 grams

Protein: 11 grams

Ingredients:

- 2 lbs ground turkey (or chicken)
- 3 egg whites
- 1 cup quick cooking oats
- 1/2 tsp ground cumin
- 1/2 tsp dried thyme
- 2 tsp dry yellow mustard
- 2 tsp black pepper
- 2 tsp chipotle pepper spice
- 1 tsp salt
- 2 tbsp garlic powder (2 cloves minced)
- 1 small onion (finely chopped)
- 2 celery stalks (finely chopped)

Directions:

1. Preheat oven to 375 degrees.
2. Spray muffin pan with canola or olive oil.
3. Mix all your ingredients together in one large bowl.
4. Roll the mixture into balls and place in muffin pan. Muffins should be about the size of a racquetball.
5. Bake for 40 minutes.

Makes 12 muffins.

Serving Size:

Women: 2 muffins

Men: 4 muffins

