

HERBED MEATBALLS

PURE TIPS

Chia seeds can be used as an egg replacement. You can also use ground lamb or beef instead of poultry here

WHAT YOU NEED

1 lb	ground turkey or chicken (organic)
1/4 c	rolled oats, ground into fine flour
1 Tbsp	chia seeds, soaked in 3 Tbsp water for 7 minutes or 1 egg
1 Tbsp	fresh thyme, finely chopped
1 Tbsp	fresh basil, finely chopped
1 tsp	oregano
1 tsp	cumin
2	cloves garlic, minced
	salt & pepper to taste

WHAT YOU DO

- Preheat oven to 400 F degrees and line a baking sheet with parchment paper
- Soak chia seeds in water to become gelatinous, if using or lightly beat one egg
- Grind oats into a fine flour using a coffee grinder, blender or food processor
- Combine all ingredients into a large bowl & mix thoroughly with clean hands
- Roll small balls out of the mixture with hands. Adjust consistency if required by adding more ground oats to make the mixture firmer
- Lay meatballs onto lined pan and bake for about 15 minutes or until cooked through
- Serve meatballs with tomato sauce, along with spaghetti squash or on a bed of greens

