

GROUND TURKEY MEATLOAF MUFFINS

INGREDIENTS

- 1 tbsp. olive oil
- 2 lb ground turkey
- 8 oz mozzarella cheese shredded (For Maintenance only)
- ½ cup shallot chopped
- ¾ cup crushed IP croutons
- 2 large eggs
- 1 tbsp. Worcestershire sauce see note
- 4 cloves garlic finely chopped
- 1 tsp. salt
- ½ tsp. dried oregano
- 2 tbsp. fresh parsley
- Sugar free ketchup optional

PREPARATION

1. Preheat oven to 350°F and grease 12 muffin tins with Olive oil.
2. Mix all ingredients together in a large bowl until they are well blended.
3. Divide the meat mixture evenly between the 12 greased muffin tins.
4. Bake at 350°F for about 55 minutes or until meat is fully cooked and browned.
5. Serve and enjoy!

