



TURKEY MEATLOAF MUFFINS



INGREDIENTS

ITEM

QUANTITY

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|-------------------------|--------|
| • Ground Turkey | 1 lb |
| • Egg | 1 |
| • Grated Carrot | ¼ cup |
| • Green Onion Tops | 1 tbsp |
| • Gluten-free Oats | 2 tbsp |
| • Low-fodmap Ketchup | 1 tbsp |
| • Salt, Pepper, Paprika | |

SERVING SIZE

3



PREPARATION

- Preheat oven to 375°F (190°C) and lightly grease a muffin tin.
- In a large bowl, combine ground turkey, egg, grated carrot, green onion tops, oats, ketchup, salt, pepper, and paprika.
- Mix thoroughly using hands or spoon until all ingredients are evenly distributed.
- Divide mixture evenly into muffin cups, pressing down lightly to compact.
- Bake for 20-25 minutes, or until fully cooked through and lightly browned on top.

- Allow to cool for 5 minutes before removing from pan.