

Mmm Mmm Meatballs

*This recipe makes 1 serving
Each serving = 1 protein, 1 breadstick, 1 Tbsp milk*

These can be frozen, then warmed up before serving to make an easy, quick meal!

Ingredients

- 100 grams steak (ground into hamburger)
- 1 grissini (ground into powder)
- 1 Tbsp milk
- parsley
- onion powder
- basil
- oregano
- garlic
- sea salt
- pepper



Directions

1. Preheat oven to 425.
2. In bowl, combine all ingredients.
3. Form into 1" meatballs (makes about 6-7).
4. Place in baking dish or non-stick baking sheet and cook 10 minutes turning halfway through cooking time.

Use a glass baking dish to make these as they seem to want to stick less.
If you want to brown them more after cooking, broil them for 1-2 mins each side.

Top with hCG Diet approved recipe "marinara sauce"

