

Mini Meatloaf

*This recipe makes 1 serving
Each serving = 1 protein, 1 ½ tsp milk, 1 grissini breadstick*

Ingredients

- 100 grams ground steak
- 1/2 tsp milk
- 1 grissini breadstick (ground into powder)
- 2-3 cloves minced garlic
- 1/2 tsp dehydrated minced onion
- 1/2 tsp spicy mustard
- 1/4 tsp allspice
- 1/8 tsp sage
- sea salt and pepper to taste
- add any additional seasonings you like



Directions

1. Preheat oven to 350.
2. In small bowl, combine all ingredients and form into a small meatloaf.
3. Place in glass dish, cover, and bake 25-30 mins.
4. Uncover dish, add homemade sugar free hCG Diet approved ketchup to top, and bake 5-10 additional mins.
5. Serve immediately with a bit more of the homemade hCG Diet approved ketchup (recipe is also on our website) for dipping if you would like.



tel
email
web

(416) 477-1345
info@HCGDIETCANADA.com
www.HCGDIETCANADA.com