

All Green Meatballs

Prep time: 10 minutes

Cooking time: 20 to 25 minutes

Yield: 4 servings

Ingredients:

1 tablespoon meatballs	organic extra-virgin coconut oil, for cooking the greens and
1½ cups	chopped spinach
1 cup	chopped kale
½ bunch	parsley, chopped
½ bunch	cilantro, chopped
½ teaspoon, plus 2 pinches	pink salt or sea salt
1	large egg, or 2 egg whites
1 tablespoon	Dijon mustard
½ tablespoon	coconut flour, or 1½ tablespoons almond flour
½ teaspoon	garlic granules
½ teaspoon	freshly ground black pepper
1 pound	organic ground bison, beef, turkey, or lamb

Directions:

Preheat the oven to 400°F.

Line a baking sheet with parchment paper and spray evenly with coconut oil or nonstick cooking spray.

Heat a sauté pan over medium-high heat. Add the coconut oil and swirl the pan to coat the bottom. Add the spinach, kale, parsley, and cilantro and cook, stirring frequently, until the greens are thoroughly wilted and any excess liquid they give off has evaporated, about 5 minutes. Stir in 2 pinches of the salt. Set aside to cool.

Crack the egg into a large bowl; add mustard and whisk until thoroughly combined. Add the greens mixture, coconut flour, ½ teaspoon salt, garlic granules, and pepper. Stir well. Add the meat and, with clean hands, lightly knead the ingredients until thoroughly combined, taking care not to overmix them.

Divide the mixture into 12 equal portions, about ¼ cup each. Moisten your hands with clean, cool water and roll each portion into a ball between your palms. If the meat starts to stick to your hands, wet them again, placing the balls onto the prepared baking sheet.



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Bake the meatballs in the oven until they look browned and an instant-read thermometer inserted into the center of one reads 165°F, 20 to 25 minutes.



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