

Japanese Meatballs with Green Onions

Prep Time: 10 minutes

Cooking Time: 20-25 minutes

Yields: 4 servings

Ingredients:

1 whole	egg, mixed or 2 egg whites
1 tablespoon	ginger puree
½ cup	green onions, greens only, chopped
½ tablespoons	coconut flour or 1.5 tablespoons almond flour
1 teaspoon	pink salt
½ teaspoon	garlic granuals
2 tablespoons	tamari or coconut liquid aminos
½ teaspoon	pepper
1 pound	ground turkey, beef or lamb.
	coconut oil for cooking (Do not put into meat ball)

Directions:

Pre-heat oven to 400 degrees.

Line baking sheet with parchment paper and spray with coconut oil.

In a large bowl, whisk eggs and ginger puree. Add green onions, coconut/almond flour, salt, garlic, tamari or coconut aminos and pepper to egg mixture. Mix well and then add meat. Knead well by hand until the ingredients are thoroughly combined.

Divide the mixture into 12 equal portions, about 1/4 cup each. Wet hands and roll each portion into a ball. If the meat starts to stick to your hands, wet them again.

Place balls onto the baking sheet and place in oven. Bake for 20-25 minutes or until internal temp reaches 165 degrees.

Serve with tamari or coconut aminos for dipping.