



Carrot & Beet Turkey Bites

4 servings

25 minutes

Ingredients

500 grams Extra Lean Minced Turkey
1 Carrot (medium, peeled and grated)
1 Beet (medium, peeled and grated)
1/2 tsp Sea Salt
1/2 tsp Dried Thyme
1 tbsp Dijon Mustard
2 tbsps Avocado Oil

Nutrition

Amount per serving	
Calories	269
Fat	18g
Saturated	4g
Carbs	4g
Sugar	2g
Protein	24g
Cholesterol	93mg
Sodium	449mg

Directions

- 1 In a large mixing bowl, use your hands or a spatula to combine all the ingredients except avocado oil.
- 2 Divide the mixture and form patties about 10 centimetres wide. The patties will shrink after cooking.
- 3 Heat avocado oil in a large skillet over medium heat (or grill on the barbecue instead). Cook the patties for about 4 to 5 minutes each side, or until cooked through. Cut into one of the burgers to confirm doneness, as it may be hard to tell because of the beet juices.
- 4 Transfer to a plate lined with paper towel and serve immediately. Enjoy!

Notes

Serve Them With, Salad, quinoa or sweet potato fries.

No Avocado Oil, Use olive oil, coconut oil or ghee instead.

Serving Size, One serving is equal to about 4 small patties.

Leftovers, Keeps well in the fridge up to 3 days. Freeze in an airtight container up to 6 months.