



Meatloaf Muffins with Mashed Cauliflower Frosting

6 servings

30 minutes

Ingredients

750 grams Extra Lean Minced Beef
1 Brown Onion (medium, chopped)
2 tbsps Dijon Mustard
1 tsp Ground Sage
1 1/2 tps Sea Salt (divided)
1 head Cauliflower (chopped into florets)
1/2 cup Organic Coconut Milk (full fat, from the can)
1/4 cup Tomato Sauce

Nutrition

Amount per serving	
Calories	295
Fat	16g
Saturated	8g
Carbs	8g
Sugar	4g
Protein	27g
Cholesterol	81mg
Sodium	764mg

Directions

- 1 Preheat oven to 180 C and grease your muffin tray with oil.
- 2 In a mixing bowl, combine the beef, onion, mustard, sage and half the salt until well combined. Divide evenly into muffin cups and bake for 20 minutes or until cooked through.
- 3 Meanwhile, place cauliflower florets in a steamer over boiling water. Steam for 8 minutes or until tender.
- 4 Transfer cauliflower, remaining salt and coconut milk to a blender and blend until smooth.
- 5 When the meatloaf muffins are ready, top each one with about a teaspoon of tomato sauce. Then, top it with cauliflower mash and spread evenly using the back of a spoon. Enjoy!

Notes

Serving Size, Each serving is equal to two muffins.

Leftovers, Refrigerate in an airtight container up to 3 days.

No Cauliflower, Use potato instead.

No Coconut Milk, Use water or any alternative milk.

More Veggies, Add spinach, mushrooms or chopped bell pepper to the meatloaf mixture.