



# Ashley's Meal Prep Monday!



## Honey Garlic Meatballs

### INGREDIENTS

#### Meatballs:

- 2 TBSP avocado oil, divided
- 1/4 white onion, diced
- 2 cloves minced garlic
- 1/4 cup carrot, shredded
- 1 lb ground chicken or turkey
- 1 TBSP coconut flour
- 1/2 TSP salt
- 1/4 TSP pepper

#### Sauce:

- 1/3 cup coconut aminos
- 1 TSP rice vinegar
- 2 TBSP honey
- 2 cloves minced garlic
- 1 thumb ginger, grated
- 1 1/2 TSP aarowroot

Preheat oven to 375 and line a baking sheet with parchment paper. Using a medium pan, heat 1 TBSP avocado oil over med-low heat and saute the onion for 3-4 minutes. Add the garlic and saute for another 2 minutes. Set aside and let cool slightly.

Add ground chicken/turkey, carrot, coconut flour, salt/pepper, along with the remainder of the oil and onion/garlic mixture. Mix well to combine. Form mixture into meatballs and place on baking sheet. Bake in the oven for 30-35 minutes, flipping halfway through.

\*Sauce: Combine ingredients in a large pan and whisk well. Bring to a low simmer for 3-5 minutes or until the mixture is thick and fragrant. Add the meatballs and toss to coat. Serve over rice and top with green onion - spoon extra sauce over the top!



Recipe: [unboundwellness.com](http://unboundwellness.com)

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