

# Ashley's Meal Prep Monday!

## Mini Meatloaves

### INGREDIENTS

½ cup ketchup  
1 TSP mustard  
8 large dates to make date  
paste  
¼ TSP pepper  
1 TBSP coconut aminos  
1 egg  
¾ cup almond flour  
1 TSP seasoned salt  
1 TSP onion powder  
½ TSP garlic powder  
1-2 LB ground meat

In a small bowl, combine ketchup, date paste, and mustard - set aside. In a large bowl, combine all other ingredients. Add ¼ cup of the ketchup mixture to the meat mixture and stir until combined.

Shape into mini meat loaves - basically giant meatballs. Cook on a cooling rack set inside a baking sheet - this allows the grease to drain as they cook, you could also use a muffin tin. Size is whatever your preference is, if you want smaller meatballs, do that.

Cook in the oven at 350 for 20 minutes - closer to 40 if you've doubled the meat in the recipe. For the last 5 minutes, cook topped with remaining ketchup mixture.

Date Paste: Soak 1 cup pitted dates in ½ cup hot water, pressing dates down into hot water so they're all soaking. Soak for 5 minutes, then blend until smooth. You could use 1 TBSP coconut sugar instead.

Recipe idea: [www.wholefoodfor7.com](http://www.wholefoodfor7.com)

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