

# Monster Meatballs

## INGREDIENTS:

- 2 pounds ground beef
- 1 pound ground pork
- 1 pound beef, pork, or chicken liver finely diced, or pureed in a food processor
- 3 eggs
- 2 cups frozen spinach, thawed and finely diced (I measured frozen then thawed, and pureed in food processor)
- 2 tbs blackstrap molasses
- 1/2 cup almond flour
- 1 tbs onion powder
- 1 tbs garlic powder
- 2 tbs dried parsley
- 1/2 tbs salt
- 1/2 ground black pepper
- 1/2 tsp paprika



## TO MAKE:

- Preheat oven to 400 degree F.
- In a large mixing bowl, combine ingredients and mix well until evenly distributed.
- Grease 3 muffin tins with olive oil or butter.
- Roll portions of the mix into a ball and place into each muffin tin.
- Bake at 400 for 15 minutes or until cooked through.
- Makes about 3 dozen large "Monster" meatballs.