

Meatloaf, AKA "Lightloaf" Recipe



PREP TIME:
10 MINUTES

COOK TIME:
55 MINUTES

TOTAL TIME:
65 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 8 Servings

Pesto Ingredients:

- 1 lb. Organic Grass Fed Ground Beef – 93% Lean
- 1 Teaspoon Olive Oil
- 1 Cup CauliCrunch Breadcrumbs (or your fav GF breadcrumbs)
- ½ Cup Ground Flaxseed
- ½ Cup Paleo Powder (Grain Free Breadless Breading)
- 2 Tablespoons Nutritional Yeast
- 1/3 Cup Red Onion, Minced
- 1 Tablespoon Onion Powder
- 2 Tablespoons Garlic Powder
- ½ Teaspoon Ground Sage
- 1 Tablespoon Dried Parsley
- 1 Teaspoon Himalayan Sea Salt
- 2 Large Eggs
- ¾ Cup Non-Dairy Milk (*I used Coconut Milk*)
- 1 Medium Zucchini, Finely Grated
- ½ Cup Tuscan Kale, Finely Chopped
- ¼ Cup Organic Ketchup
- 1 Tablespoon Coconut Sugar
- 1 Teaspoon Dried Mustard
- ½ Teaspoon Gluten Free Worcester, Reduced Sodium

Instructions:

1. Preheat oven to 350 degrees. Lightly coat a loaf pan (I used a stone one) with olive oil.
2. In a large mixing bowl, add the beef, bread crumbs, ground flaxseed, paleo powder, nutritional yeast, onion, onion powder, garlic powder, sage, parsley, salt, eggs, non-dairy milk, zucchini, and kale.
3. Mix with hands until well combined. Add to loaf pan and press down smoothing out top.
4. Bake for 50 minutes.
5. While meatloaf is baking prepare topping. In a small bowl, add the ketchup, dried mustard, Worcester, and coconut sugar. Stir until combined.
6. After 50 minutes, remove meatloaf from oven. Spread glaze mixture over the top of meatloaf. Place back in the oven for 5 more minutes.

***Try and use all organic ingredients if possible.**

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