

# Not Your Mama's Meatloaf

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

## Ingredients:

### Meatloaf

- 2 tsp coconut oil plus extra to grease the pan
- 1 small onion, finely minced
- 1 garlic clove, crushed
- 1 lb ground organic chicken\*
- 1 small sweet potato, peeled and grated
- 1 egg
- 1/2 cup almond meal
- 1 tbsp tomato paste
- 1 tbsp tamari
- 1 tbsp ground flaxseeds
- 1 tbsp finely minced fresh basil
- 1/4 tsp ground cloves
- 1/2 tsp ground cinnamon
- 1/2 tsp ginger

### Glaze

- 1 tbsp tomato paste
- 1 tbsp tamari
- 1 tsp pure maple syrup

## Instructions:

1. Preheat oven to 400F and grease the cups of a 24-cup mini muffin pan. Be a little heavy-handed to ensure your meatloaves don't stick.
2. For the meatloaves, in a skillet over medium heat, saute the onion in the coconut oil for approx. 5 minutes, stirring frequently until transparent.
3. Add garlic and cook for 1 minute more.
4. Transfer to a large mixing bowl.
5. Add all the other meatloaf ingredients and mix to combine. You may find that using your hands is the most efficient way of doing this. Let stand for 10 minutes to allow the flaxseeds to absorb some moisture.
6. Now you have no real choice but to get messy. Using your hands, put globs of the mixture in the cups of the muffin pan gently pressing it in to fill the cups. Fill so that the chicken just rounds over the top of each cup.
7. For the glaze, in a small bowl mix together the tomato paste, tamari and maple syrup.
8. Using a pastry brush, brush the glaze over each meatloaf muffin. Be careful not to get the glaze on the pan itself or else it will burn and really stick.
9. Bake in the oven for approximately 20 minutes, until the loaves are cooked through.
10. Allow to sit for 10 minutes. Run a butter knife around the edge of each meatloaf to loosen it from the pan. Serve warm. Store in the fridge for a couple of days or freeze in an airtight container for up to 3 months. Reheat in oven for approx. 15 minutes.

## Notes:

\*The original recipe calls for ground beef. \*\*I love the glaze so much I often double that part of the recipe. Makes 2 dozen meatloaves.