

# The Best Paleo Vegan Meatballs

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 3/4 cup walnuts
- 1 large carrot, chopped into chunks
- 1/2 cup chopped fresh parsley, loosely packed
- 1/4 cup chopped fresh basil, loosely packed
- 2 tbsp chopped fresh thyme, loosely packed
- 5-6 medjool dates, pits removed or 1/2 cup deglet noor dates
- 5 sundried tomatoes
- 1/4 of a small cauliflower, chopped
- 1 garlic clove
- 3 tbsp extra-virgin olive oil
- Half juice of fresh lemon
- 1/2 tsp sea salt

## Instructions:

1. Preheat oven to 350F (180C). Add all the ingredients to a food processor or blender and give a blitz until finely ground.
2. Form into 2 inch balls and place on a parchment lined baking sheet. If they are difficult to form and hold their shape, add another medjool date or two and blitz again, they provide the sticking action.
3. Bake for 20 minutes.
4. The texture should be very tender so you can easily eat them with a fork.
5. Enjoy right away with some zucchini pasta or regular pasta. Refrigerate leftovers for up to 5 days or freeze no-meatballs for up to 3 months.

## Notes:

These no-meatballs can be eaten raw if you like, but they are nice warmed up in my opinion. If you use regular pasta, I really like Quinoa Pasta or Chickpea pasta which is chickpeas and lentils.