

Meatloaf Muffins with Mashed Cauliflower Frosting

8 ingredients · 30 minutes · 6 servings



Directions

1. Preheat oven to 350°F (177°C) and grease your muffin tray with oil.
2. In a mixing bowl, combine the beef, onion, mustard, sage and half the salt until well combined. Divide evenly into muffin cups and bake for 20 minutes or until cooked through.
3. Meanwhile, place cauliflower florets in a steaming basket over boiling water. Steam for 8 minutes or until tender.
4. Transfer cauliflower, remaining salt and coconut milk to a blender and blend until smooth.
5. When the meatloaf muffins are ready, top each one with about a teaspoon of tomato sauce. Then, top it with cauliflower mash and spread evenly using the back of a spoon. Enjoy!

Notes

Serving Size

Each serving is equal to two muffins.

Leftovers

Refrigerate in an airtight container up to 3 days.

No Cauliflower

Use potato instead.

No Coconut Milk

Use water or any alternative milk.

More Veggies

Add spinach, mushrooms or chopped bell pepper to the meatloaf mixture.

Ingredients

- 1 1/2 lbs Extra Lean Ground Beef
- 1 Yellow Onion (medium, chopped)
- 2 tbsps Dijon Mustard
- 1 tsp Ground Sage
- 1 1/2 tsps Sea Salt (divided)
- 1 head Cauliflower (chopped into florets)
- 1/2 cup Organic Coconut Milk (full fat, from the can)
- 1/4 cup Tomato Sauce

Nutrition

Amount per serving

Calories	275	Vitamin C	48mg
Fat	15g	Calcium	46mg
Saturated	8g	Iron	4mg
Carbs	8g	Vitamin D	3IU
Fiber	3g	Vitamin B6	0.6mg
Sugar	4g	Folate	64µg
Protein	25g	Vitamin B12	2.5µg
Cholesterol	74mg	Magnesium	39mg
Sodium	756mg	Zinc	6mg
Potassium	746mg	Selenium	19µg
Vitamin A	67IU		