

# RECIPES FROM three eighty ate

## **BETTER FOR YOU BEET MEATBALLS**

20 ounces	Raw Beets - peeled & cut into 1-inch cubes
3 ounces	Chickpea Flour
1 tsp	Kosher Salt
1 1/2 tsp	Onion Powder
1 1/2 tsp	Garlic Powder
1 1/2 tsp	Ground Coriander
2 each	Eggs - beaten
1 tsp	Freshly Ground Black Pepper

Grind raw beets in a food processor until fine. In a small bowl, beat eggs together. In a large bowl, combine all ingredients until thoroughly mixed. Shape into six 1/2 ounce size meatballs and bake on a greased parchment lined baking sheet at 375 degrees for 30 minutes.

Yield - 2 servings

Serving Size - 3 meatballs

\*When peeling beets, wear gloves and work over plastic wrap so you do not stain your hands or work surface.