**Mini meatloaves**

*Serves 18*

**INGREDIENTS**

* 2lbs lean ground beef or turkey
* 10oz frozen spinach, thawed
* 1-2 tsp. olive oi
* 1.5 cups Mirapoix (or other mix of chopped veggies-mushrooms are delicious!)
* 4 eggs, beaten
* 1/3 cup coconut flour
* 2 tsp. each salt & pepper
* 1-2 Tbls. Italian seasoning

**INSTRUCTIONS**

1. Heat oven to 375.
2. Squeeze water out of frozen spinach. Heat oil in a pan and cook all veggies together until soft.
3. Mix meat, veggies and all other ingredients in a bowl with your hands.
4. Fill 18 greased muffin tin spots to the top with mixture. Cook 20-25 minutes.

Yummy with marinara sauce on top, served with mashed cauliflower or chopped into a salad.

Recipe adapted from www.paleospirit.com