

Bobbie's Meatloaf Recipe- Cellular Healing Diet Style

2 pounds grass fed ground beef
2 eggs (organic or free range)
2 tsp cumin
2 tsp chili powder
1/2 cup zucchini, shredded (moistens the meatloaf)
4 garlic scapes or 1 tsp minced garlic
1/4 cup raw milk or organic whole milk
1/2 cup quinoa (soaked for at least 2 hours to soften the seeds)
1/2 tsp pepper
1 tsp salt

Topping:

1/3 cup Organic Ketchup (without sugar if possible)
1 tsp mustard (I used stone ground)
2 tsp Xylitol or 1/2 tsp Stevia (I've only used Xylitol)
1/2 tsp chili powder
salt & pepper to taste

Directions: Preheat the oven to 375°. Mix the ingredients of the meatloaf with your hands until well mixed. The mixture may seem very wet, but it makes the meatloaf so moist without falling apart. Place mixture in a meatloaf pan (I use a glass bread pan). For the topping, just mix all the ingredients together with a whisk and spread over meatloaf. Place in oven and bake for 1 hour. Serves 4-6 people depending on the appetites! I served it with sauteed zucchini and mushrooms in extra virgin olive oil.

Compliments of Bobbie Turner