

Hidden Veggie Meatballs (Picky Eaters)

Ingredients

- 1 lb ground turkey or chicken
- 1/2 cup grated zucchini or carrots
- 1/4 cup oats
- 1 egg
- Garlic and herbs (optional)

Instructions

1. Mix all ingredients and form into small balls.
2. Bake at 375°F (190°C) for 20–25 minutes.

Health Benefits

- Sneaks in veggies without taste change.

- High in lean protein.