BetterBody Foods

Coconut Flour Gluten-free Meatloaf

Prep: 30 min Cook: 35 min Total: 1 hr Servings: 4

Calories: 265 Fat: 10g Protein: 27g Carbs: 17g Fiber: 0g

Ingredients

- 1 tsp salt
- 1/4 tsp ground black pepper
- 1 egg
- 1/2 tsp basil
- 1/2 tsp oregano
- 8 oz organic tomato sauce
- 1 Tbsp apple cider vinegar
- 1 Tbsp BBF* Organic Agave
- 2 Tbsp BBF* Organic Coconut Flour
- 1 clove garlic
- 1/4 large onion
- 5 baby carrots
- 1 celery stalk
- 1 lb ground beef

Directions

1. In large bowl, slightly beat egg.
2. Then add everything else except for the ground beef.
3. Stir everything together until well mixed.
4. Next incorporate ground beef. Form into loaf in the middle of a 9x13 pan.
5. Bake at 350 for about 35 minutes or until well done.
6. Enjoy your Coconut Flour Gluten-free Meatloaf!