



## Spiced Apple Oat Meatballs

**QUAKER**

**Servings:** 4 (6 meatballs each) | **Prep Time:** 10 minutes | **Cook Time:** 12 Minutes

# Spiced Apple Oat Meatballs

Brought to you by  
Kath Younger, RD



## Ingredients

- 2 cups Quaker® Old Fashioned Oats
- 1 teaspoon cinnamon
- 1 teaspoon cayenne pepper
- ¾ teaspoon kosher salt
- 1 large egg
- 1 large apple, diced
- ½ cup unsweetened applesauce
- 1 clove garlic, minced
- 1 pound 95% lean grass-fed ground beef



## Preparation

1. Preheat oven to 425°F.
2. Line a sheet pan with parchment paper.
3. Mix oats, cinnamon, cayenne, and salt together in a large bowl.
4. In another bowl, beat egg and add applesauce, apple, and garlic; stir.
5. Add wet ingredients and meat to dry ingredients and mix well with clean hands.
6. Form into 24 golf-ball size meatballs.
7. Bake for 25 minutes, until meatballs are brown.

### NUTRITION FACTS (PER SERVING):

360 calories, 9 g fat, 3 g sat fat, 120 mg cholesterol, 510 mg sodium, 40 g total carb, 6 g fiber, 9 g sugar, 30 g protein, 4% DV calcium, 2% DV vitamin D, 4% DV vitamin C, 4% DV vitamin A, 10% DV potassium, 25% DV iron, 20% DV thiamin, 20% DV magnesium, 0 g added sugar

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