

# Turkey Muffins

## Muffin Ingredients:

1/2 cup egg replacement  
3/4 cup low-fat milk  
1/2 cup Italian Style bread crumbs  
1/4 cup Sweet onion, finely chopped  
2 Tbsp. fresh parsley, finely chopped (OR 1 1/2 Tbsp. dried)  
1/2 tsp. Kosher salt  
1/2 tsp. sage (powdered)  
1 (14.5 oz.) can stewed tomatoes  
1 package ground turkey meat  
1 package ground turkey breast meat

## Topping Ingredients:

1/4 cup catsup  
1 1/2 Tbsp. Splenda Brown Sugar  
1 1/4 tsp. dry mustard powder

## Directions:

1. Pre heat oven to 350°.
2. Coat muffin tins with Olive Oil Spray.
3. In a large bowl, combine egg and milk. Stir in bread crumbs and next 5 ingredients. Mix together both types of turkey meat and add to the bowl mixture. Use your hands to get them well combined.
4. Using your scale, weigh out your turkey meat loaf into muffins that are appropriate to your allotted amount for this meal. 3 oz., 4oz....etc. **The weight is taken before they are cooked.**
5. Place your muffin tin pan on top of a large cookie sheet and add a bit of water to the cookie sheet in case there are any fat spills for easy clean-up. Keep the muffins domed so you can skim off any unwanted fat. Bake for about 25 minutes. They are not finished, yet though.
6. While the muffins are cooking, combine the catsup, Splenda and mustard mixture in a little bowl. Set aside.
7. After the first 25 minutes of baking, remove from the oven and remove the fat from each muffin. Use a turkey baster! Top each muffin with the catsup mixture and return to the oven for an additional 10 - 15 minutes (depends on your muffin size).