

Head-to-Toe Nutritional Support

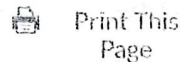
- ✓ Enjoy natural, all-day energy
- ✓ Recharge aging brain cells to lift brain fog and enjoy sharper cognition
- ✓ Energize your body at the cellular level so your organs can work like they should

Try it today!



Iron-Rich Lentil Meatballs

Last modified: December 7, 2022



Reading Time: 2 minutes

Ingredients

- 2 Tablespoons ground flaxseed +3 Tablespoons filtered water
- 1/3-1/2 cup chopped red onion (about 1 small onion)
- 2 garlic cloves, minced
- 1/2 cup chopped walnuts
- 1/2 cup chopped mushrooms

- ¼ cup parsley leaves
- Spices: ½ teaspoon ground cumin, 1 ½ Tablespoons curry powder, ½ teaspoon paprika, ⅛ teaspoon cayenne pepper, ½ teaspoon pink Himalayan/sea salt
- 1 15 oz can lentils, drained
- ¼ cup almond flour

Instructions

1. Preheat oven to 350 F.
2. Place flaxseed and water into a small bowl and mix together. Set aside to thicken for a few minutes.
3. In a food processor, add onion, garlic, walnuts, mushrooms, parsley, thickened flaxseed, and spices. Pulse together until a paste-like texture forms. Add in lentils and pulse a few times to bring everything together.
4. Scrape mixture into a large mixing bowl. Stir in 2 tablespoons of almond flour. You want the mixture to hold its shape when pressed into a ball. Add in any additional flour, if needed, 1 tablespoon at a time. *You can always refrigerate the mixture for an hour to make it easier to handle.*
5. Measure out about 1 ½ tablespoon-size meatballs (bigger or smaller is fine too) and place meatballs onto a parchment-lined baking sheet and bake for 18-20 minutes, flipping halfway through.
6. Serving Ideas: Serve over lettuce with dressing (see Detoxifying Cilantro Lemon Dressing), over favorite GF noodles/rice drizzled with dressing (see Fruit Spring Rolls[<https://organixx.com/fruit-spring-rolls-recipe/>] and use the Spicy Lemon Yogurt Sauce), or on their own with fresh lemon juice or your dipping sauce (see [Gluten-Free Almond Crusted Chicken Fingers recipe and use the Cilantro Dipping Sauce).

Feeling Blue? Lost in a Brain Fog?
Can't Shed That Extra Weight?
An Iodine Deficiency Could
Be to Blame!

- ✓ Optimize metabolism
- ✓ Boost mood and feel better
- ✓ Strengthen weak, flabby muscles
- ✓ Reduce the symptoms of hypothyroidism
- ✓ Reduce aches and pains

Try it Today!



12 Top Essential Oils &
60+ Uses



How to Make Healing
Bone Broth at Home