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Cheers to eating healthy and feeling awesome!

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## HL Meatloaf Muffins with Mashed Cauliflower Frosting

6 servings  
30 minutes

### Ingredients

1 1/2 lbs Extra Lean Ground Beef  
1 Yellow Onion (medium, chopped)  
2 tbsps Dijon Mustard  
1 tsp Ground Sage  
1 1/2 tsps Sea Salt (divided)  
1 head Cauliflower (chopped into florets)  
1/2 cup Organic Coconut Milk (full fat, from the can)  
1/4 cup Tomato Sauce

### Directions

- 1 Preheat oven to 350°F (177°C) and grease your muffin tray with oil.
- 2 In a mixing bowl, combine the beef, onion, mustard, sage and half the salt until well combined. Divide evenly into muffin cups and bake for 20 minutes or until cooked through.
- 3 Meanwhile, place cauliflower florets in a steaming basket over boiling water. Steam for 8 minutes or until tender.
- 4 Transfer cauliflower, remaining salt and coconut milk to a blender and blend until smooth.
- 5 When the meatloaf muffins are ready, top each one with about a teaspoon of tomato sauce. Then, top it with cauliflower mash and spread evenly using the back of a spoon. Enjoy!

### Notes

**Serving Size:** Each serving is equal to two muffins.

**Leftovers:** Refrigerate in an airtight container up to 3 days.

**No Cauliflower:** Use potato instead.

**No Coconut Milk:** Use water or any alternative milk.

**More Veggies:** Add spinach, mushrooms or chopped bell pepper to the meatloaf mixture.

**Omit tomato sauce:** Add a slice of an organic tomato onto of each "burger" instead of tomato sauce.