



Minty Meatballs

Parsley and mint are both natural bacteria fighters, and the minty scent will help quickly freshen their breath. These herbs can be added a little chunky or muddled down to a paste to better hide these health aids in the meat.

Prep time: 10 minutes

Cook time: 20 minutes

Total time: 30 minutes

INGREDIENTS:

- ·1 cup ground chicken or beef
- ·1egg
- 1/4 cup firm Up Pumpkin

- · 2 tbsp finely chopped mint
- · 2 tbsp finely chopped parsley

DIRECTIONS:

- 1. Mix all ingredients together and roll into 1 $\frac{1}{2}$ inch balls.
- 2. Bake on 350F for 20 minutes on a parchment-lined baking sheet. Cool completely before serving.
- 3. Store in the fridge for up to 5 days or freeze for up to one month.

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Notes:			