

KETO



Meatballs

Meatballs are a tasty way to make your favorite variety of meat portable for a good keto snack.

1) Combine the ground meat with your ingredients of choice. Common additions include onion, garlic, parsley, Parmesan cheese, egg, and cheese.

2) Once the ingredients are combined, simply roll into balls and place in a lined baking dish.

3) Bake in a 400 degree Fahrenheit oven for approximately 20 minutes, or until the meat has reached your desired level of doneness.

4) Then, allow the meatballs to cool, and enjoy!

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