
THE CrossFit *kitchen* K I D S



Sweet Cheeks Headquarters

SPAGHETTI AND MEATBALL CUPCAKES

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Sweet Cheeks Headquarters

overview

With words like “spaghetti” and “cupcake” in its title, how can this recipe be Paleo-friendly? There are always sneaky (ahem), I mean, smart ways to make fun foods healthier. There’s nothing cake-y about these cupcakes, but your kids will love calling them cupcakes. And spaghetti? No way! But spaghetti squash? Yes way.

makes approximately 10 cupcakes

ingredients

- 1 spaghetti squash
- 2 cups of tomato sauce
- 1 lb. ground beef
- 1 egg
- 2 tbsp. water
- ½ cup of almond meal
- ½ tsp. salt
- ⅛ tsp. pepper

supplies

- 10 cupcake wrappers

directions

1. Preheat oven to 350 F.
2. Cut the spaghetti squash in half, length-wise. Scoop out the seeds. Place it in a 9 x 11-inch pan, cut side up. Add 1 inch of water to the bottom of the pan. Bake for approximately 45 minutes, until the squash is tender and can be scooped out of the shell.
3. As the squash cooks, combine the egg, water, almond meal, and salt and pepper in a large bowl. Add the ground beef and mix everything together. You may have to use your hands to thoroughly combine these ingredients. Form the mixture into meatballs about 1 inch in diameter and place them in a baking dish.
4. Once the squash is done cooking, place it aside to cool. Pop the meatballs into the pre-heated oven and cook for about 20-25 minutes, until cooked through.
5. As the meatballs are cooking, fill the cupcake wrappers with spaghetti squash and cover them with a tablespoon of tomato sauce.
6. Once the meatballs are cooked and cool, top each cupcake with a meatball and serve.