
THE
CrossFit*kitchen*



CHICKEN BASIL MEATLOAF MUFFINS

overview

Muffins made of meat: the other side of baking.

blocks per muffin

2.2 protein blocks

.5 carbohydrate blocks

2 fat blocks

makes 20 muffins

ingredients

- 2 lb. ground chicken
- 2 eggs, whisked
- 1 cup almond flour/meal
- 1 cup fresh basil, chopped
- 1 tbsp. garlic powder
- 1 tbsp. onion powder
- 1 tsp. dried parsley
- Salt and pepper, to taste

directions

1. Preheat oven to 350 F.
2. Mix all ingredients together in a bowl.
3. Use your hands to make golf-ball-sized balls of ground chicken mixture, then plop them into 20 silicone liners or muffin liners in a muffin tin.
4. Bake 20-25 minutes or until there is no pink in the muffins or they "give back" when you poke them.

