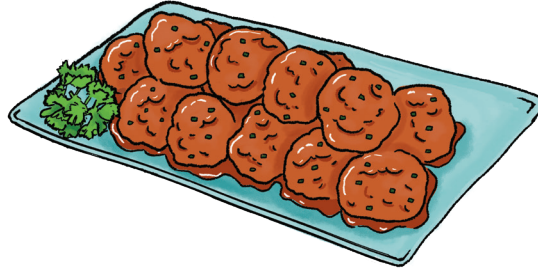





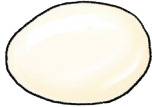




# Dietary Modifications for:

## Apple Turkey Meatballs



rad<sup>o</sup>dish

Diet		Ingredient	Swap
 <b>Gluten-Free</b>			Use gluten-free bread crumbs, such as <a href="#">Glutino</a> or <a href="#">Simply Balanced</a> .
 <b>Vegan</b>	 <b>Dairy-Free</b>		<i>No modifications needed.</i>
	 <b>Egg-Free</b>		Use <a href="#">1 Flax Egg</a> .
	 <b>Vegetarian</b>		Replace with one 15 oz can garbanzo beans. Drain garbanzos and process into small pieces by pulsing a few times in a blender or food processor.  Use vegan worcestershire, such as <a href="#">Annie's</a> or <a href="#">O Organics</a> .