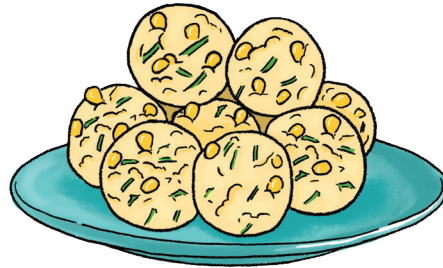


Dietary Modifications for:

Meteor Meatballs



rad^odish

Diet		Ingredient	Swap
 Gluten-Free			Use gluten-free panko, such as Ian's or Kikkoman.
 Vegan	 Dairy-Free		Use dairy-free Parmesan, such as Follow Your Heart or Go! Veggie.
	 Egg-Free		Use 1 Flax Egg .
	 Vegetarian		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.