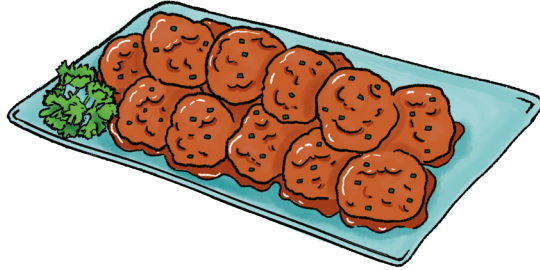







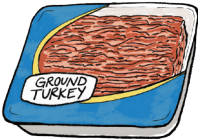


# Dietary Modifications for:

## Apple Turkey Meatballs



rad<sup>o</sup>dish

| Diet   |  | Ingredient  | Swap  |
|--|--|---|---|
| <br><b>Gluten-Free</b> |  |   | Use gluten-free bread crumbs, such as Glutino or Simply Balanced.   |
| <br><b>Vegan</b>       | <br><b>Dairy-Free</b> |   | <i>No modifications needed.</i>   |
|  | <br><b>Egg-Free</b>   |  | Use <u>1 Flax Egg</u> .   |
|  | <br><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. |