

# Mini Meatballs

**Prep Time:** 10 Min **Cook Time:** 8 Min **Total Time:** 18 Min  
Serves 1

## Ingredients

100 g raw ground beef  
1 melba toast or 2 grissini sticks, crushed  
1 tbsp milk  
1/4 tsp basil  
1/4 tsp oregano  
1/4 tsp onion powder  
1/4 tsp garlic powder  
dash of salt & pepper

## Instructions

- 1 Preheat oven to 425 degrees
- 2 Combine all ingredients
- 3 Form into small balls (approximately 8-10)
- 4 Place on baking sheet and cook 7-9 minutes or until done
- 5 Drain on paper towels

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