**Appetizers & Dips**

**Sweet Potato Turkey Meatballs**

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These sweet and savory ‘meatballs’ actually rely on sweet potatoes as the base and are packed full of flavor. They are perfect for an appetizer served at Thanksgiving, perhaps with a side of paleo honey mustard. If you would like to make them spicier, simply add a few drops of hot sauce to the mixture before cooking.

**Ingredients:**

1 lb. ground turkey

1 onion, finely diced

2 tbsp coconut oil, divided

2 medium sweet potatoes, cooked and mashed

1 egg, beaten

3 cloves garlic, minced

1/2 cup fresh parsley, chopped

1/2 cup almond meal

2 tbsp maple syrup

Salt and pepper, to taste

**Directions:**

1. Melt one tablespoon of coconut oil in a large skillet over medium heat. Add the onions and sauté for 3-4 minutes. Add the turkey and cook until browned, breaking up into small pieces with a spatula. Remove from heat.

2. Place the turkey and onion into a medium bowl. Add the sweet potato, egg, garlic, parsley, almond flour, maple syrup, salt, and pepper. Stir well to combine.

3. Melt the remaining tablespoon of coconut oil in a large skillet over medium heat.

Shape the sweet potato mixture into small balls using your hands and place into the skillet a few at a time. Cook, turning often, until browned on all sides, about 6-7 minutes; Serve warm.

