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**Gluten Free Meatloaf Muffins**

* 1 lb of ground Turkey
* 1 lb of Ground pork
* 1 1/2 cups of corn chips
* 1 egg
* Barbeque sauce or catchup (for non phoroisis diet)
* Honey (for phoroisis diet)
* Onion soup mix or make your own below depended of gluten sensitivity

Make your own Onion Soup mix

* 3 tablespoon of dried minced onions or 1 small fresh onion min
* 2 tablespoons of soy sauce
* 1/4 teaspoon pepper
* 1/4 teaspoon salt
* 1/2 teaspoon of cumin

1. Preheat oven to 375
2. Spray muffin tin with non stick cooking spray or line with parchment
3. Place corn chips in a bag and crush
4. Mix Turkey, pork, egg, crushed corn chips and onion soup mixture in a large bowl Go head use your hands
5. Place a handful of meat loosely formed in each muffin (do not pack the meat will not be as good trust me)
6. With your finger poke a hole down the center of the muffin (this helps to avoid shrink)
7. In hole fill with barbeque sauce or catchup (for thoes who can eat nightshades)
8. OR Drizzle on top Honey for Restricted diet person (I would NOT fill the hole with honey too sweet)
9. Cook for 30 minutes or until dark on top
10. Remove allow the meat to rest for 10 minutes

http://www.superexhausted.com/2014/04/gluten-free-meatloaf-muffins/