

# Walnut or Brazil Nut Meatballs

- 2 c. ground Brazil nuts or walnuts (or a mix)
- 2 Tbs. of garbanzo bean flour, soy flour, or ground flax seed
- 1 c. dry whole wheat bread crumbs
- 1/2 tsp. oregano and sage
- 1 large onion, chopped fine
- 1/2 c. or a little less non-dairy, plain flavored, milk
- 1 Tbs. Lucia's chicken style seasoning, or to taste
- 1 Tbs. instant gluten or ground flaxseed

Mix all ingredients well, using just enough non-dairy milk to allow ingredients to stick together enough to form the meatballs. Form the balls and place on a parchment paper lined cookie sheet. (a 1" diameter scoop makes it real fast!)

Bake at 350° for about 20 minutes then turn them to another side and bake about 10 more minutes, and turn again to brown another side. Remove from oven when nicely browned all over.

You may pour tomato sauce over them and warm them with the sauce for about 20 minutes just before serving. Do not stir.

Can be served with spaghetti, whole wheat couscous, brown rice, potatoes, or bulgur.

Makes 24, 1" diameter balls.

