



Turkey Meatloaf Cupcakes with Sweet Potato Frosting

Makes 3

FOR THE MEATLOAF

- 6 oz ground turkey
- 2 tablespoon seasoned breadcrumbs
- 2 tablespoons barbecue sauce
- 2 tablespoons egg beaters
- ¼ cup shredded cheddar cheese
- 1 slice bacon, cooked and chopped
- 1 tablespoon onion sauteed in butter

FOR THE MASHED POTATO FROSTING

- 1 small sweet potato, baked (about ½ cup cooked)
- 1 ½ tablespoons half & half
- 1 tablespoon butter, softened
- ⅛ teaspoon salt
- Pinch pepper
- Fresh thyme leaves.

Preheat oven to 350°.

Add turkey, breadcrumb, bbq sauce and egg into mixing bowl and mash with fork. Stir in cheese, bacon and onion until combined.

Spray 3 wells of a muffin tin with cooking spray. Divide meat mixture evenly between them. Bake for 20-25 minutes or until cooked through. Let stand for 5 minutes before removing.

While the meatloaf is cooking, make the mashed potatoes. Scoop baked potato from skin into a small bowl. Add butter, salt and pepper and mash well with fork. Add half & half and mash again. Add up to 1 more tablespoon of half & half to reach creamy consistency that will pipe well. Put the potatoes into a pastry bag with a wide star tip and pipe the mashed potatoes on top of the meatloaf.

Sprinkle thyme leaves on top.

Lemon Sugar Scrub

Heaping 1/3 cup white sugar

1 1/2 T coconut oil, melted*

Juice of 1/3 lemon

4 oz mason jar

Combine the sugar and melted coconut oil in small bowl. Add lemon juice.

Mix until blended completely.

Store in mason jars.

Use a palmful once or twice a week for smooth, glowing skin.

*Melt the coconut oil in a glass measuring cup in the microwave for 30 seconds.