

Turkey Meatloaf

- 3 lbs. ground turkey
- 3 eggs
- 3 cups oatmeal
- 1 1/2 cups parmesan cheese

Mix with hands and place in greased meatloaf pans. Bake at 350 for 40 minutes. Cool and slice thickly and then into chunks. This freezes beautifully!

Tuna Brownies

- 1 12oz can tuna in water (do not drain)
- 1 1/2 cups of oat flour (can be found at Marcs)
- 2 eggs
- 1 tsp garlic powder

Parmesan cheese

Put tuna in mixer and mash clumps with fork. Add flour, garlic powder, and eggs. Consistency should be that of cake batter. If needed, add a few drops of water. Spread into greased square cake pan and sprinkle top with Parmesan cheese. Bake at 350 for 15 minutes. The edges will pull away and the texture will be like putty. Use a pizza cutter to slice into squares. This freezes beautifully! (I usually triple or quadruple the recipe and bake in a 9x13 pan.)