

## Meat Loaf Muffins

### Ingredients:

1 pound 93/7 lean ground beef

1 box stuffing mix (I use low sodium)

1 cup water

2 egg whites

Plus diced onion, green and red bell pepper, celery, carrots as wanted.

Directions: Mix together and bake in muffin tins for approximately 30 minutes at 350 degrees.

Makes 12 muffins @ 2 points, 3 points plus

