

## Turkey Meatballs with Citrus Guacamole by VeryWell Fit

### Ingredients

- 1 pound 85% lean ground turkey
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon freshly ground ginger
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cumin
- 1 medium avocado, peeled and mashed
- 3 tablespoons orange juice
- zest from 1 medium orange
- pinch red pepper flakes (less than 1/8 teaspoon, optional)
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon finely chopped cilantro leaves

### Preparation

1. Preheat oven to 350F.
2. Combine the ground turkey, salt, pepper, ginger, cinnamon, and cumin in a bowl. Don't be afraid to use your hands to incorporate the flavors in!
3. Form the mixture into round balls with your hands. You should have 10 medium meatballs when you're done.
4. Arrange the balls on a parchment lined baking sheet. Bake for 25-30 minutes.
5. As the meatballs are finishing up baking, combine the remainder of the ingredients in a small bowl and mix well. You should end up with about a tablespoon of guacamole per meatball.
6. Remove the meatballs from the oven and let cool for a few minutes before serving.