



Discover the power of omega-3 fatty acids in our sandwich spread - vital for your body's needs, as these fatty acids are not naturally produced by your body.

Here's why this is an ingredient for better living:



# Veggie-Packed Meatballs

## Ingredients:

- + 500 grams lean minced meat
- + 1 cup finely chopped mixed veggies (carrots, bell peppers, spinach)
- + 2 tablespoons B-well Canola Oil
- + 2 tablespoons B-well Sandwich Spread
- + 1 teaspoon mixed herbs
- + Salt and pepper to taste

## Tip:

Try making meatball mice using baby carrot rounds for ears, and seeds or peppercorns for eyes and a nose. It's a playful way to delight both eyes and taste buds!

## Instructions:

1. Preheat oven to 180°C.
2. In a bowl, mix the minced meat, finely chopped veggies, canola oil, sandwich spread, mixed herbs, salt, and pepper until well combined.
3. Shape the mixture into meatballs and place them on a baking tray lined with parchment paper.
4. Bake for 20-25 minutes or until cooked through.

## Hey parents!

Glad to see you're packing in the proteins, but did you know that mixing meat and veggies in meatballs gives your kids a **boost of nutrients** as well? Add in essential fats from **B-well Sandwich Spread** and you can rest assured that you have given your kids the best possible nutrition to support **brain development** and **growth**.

