

**Saveur Spice Meatballs
and Nut Recipes** (Low
Carb, Keto Friendly)

Calabrese Pesto Meatballs

½ pound ground beef chuck
½ pound ground pork (or veal or turkey)
¼ cup heavy cream
1 large egg
2 rounded TBSL [Calabrese Pesto Mix](#) – Saveur Spice Mix SKU: USSF100102
2 tsp or to taste [Himalayan Salt & Pepper](#) – Saveur Salt Seasoning SKU : USSF300102
(use spice or coffee grinder to grind to a fine powder)

Instructions

1. Add the beef and pork to a medium bowl and break up into smaller chunks, aiming for an even mix.
2. Add the remaining ingredients to the meat and mix with a hand mixer until just combined. Do not over-mix.
3. Roll 12 meatballs or more if making them smaller.

To Bake Meatballs in the Oven:

1. Pre-heat oven to 400 degrees F and position rack to the middle. Bake meatballs for 15-20 minutes or until lightly brown. (I used the convection feature on my oven and baked them at 375 degrees F). Serve with warmed Marinara Sauce if desired.

Curry House Mix Spiced Cashews

3 Cups raw cashews
2 egg whites
2 T [Curry House Mix](#) - SKU : USSF100105
1 - 2 tsp to taste [Himalayan Salt & Pepper](#) – SKU : USSF300102
(use spice or coffee grinder to grind to a fine powder)

Instructions

Preheat oven to 300 degrees F.

Whisk egg whites till peaks form. Fold in desired Saveur Spice Curry House Mix and Himalayan Salt & Pepper. Thoroughly fold in the cashews. Bake in oven until egg white is cooked and nuts are browned. Stir a few times during cooking to ensure consistent baking. Cool before serving.

Chili Spiced Pecans

3 Cups raw pecans
2 egg whites
2 T [Chili Spice](#) - SKU: USSF400104
1 -2 tsp to taste [Himalayan Salt & Pepper](#) – SKU : USSF300102
(use spice or coffee grinder to grind to a fine powder)

Instructions

Preheat oven to 300 degrees F.

Whisk egg whites till peaks form. Fold in desired Saveur Chili Spice Seasoning and Himalayan Salt & Pepper. Thoroughly fold in the pecans. Bake in oven until egg white is cooked and nuts are browned. Stir a few times during cooking to ensure consistent baking. Cool before serving.