

# Apple & Oat Pork Bites



## Ingredients

- 1 lb / 0.5 kg lean ground pork
- 1 cup / 250 mL instant oatmeal
- ¼ cup / 50 mL finely chopped yellow onion
- 2 Tbsp / 30 mL finely chopped green bell pepper
- ½ tsp / 2 mL dry mustard
- 1 tsp / 5 mL salt
- Pinch ground cloves
- 2 egg whites, slightly beaten
- ¾ cup / 175 mL grated apple
- ¼ cup / 50 mL tomato ketchup

## Directions

1. Preheat oven to 375°F.
2. In large bowl, gently combine all ingredients; do not overmix.
3. Lightly grease 12-cup muffin pan. Scoop mixture evenly into prepared muffin cups.
4. Bake 30-35 minutes or until instant-read meat thermometer registers 160°F and tops are nicely browned.

Tip: To enhance the flavour, mix ingredients ahead of time and refrigerate 8-12 hours. Bring to room temperature before baking. Line muffin cups with nonstick parchment baking cups for easier cleanup.

## Additional Info

- **Cut:** Ground pork
- **Prep Time (Minutes):** 20
- **Cook Time (Minutes):** 35
- **Number of Servings:** Makes 10-12 muffins