

# ONE BITE

VEGAN MAGAZINE

HOW TO MAKE  
Vegan  
Sushi

Superfood Infused  
Coconut  
and Cacao  
Donuts

MUST TRY  
Bliss Ball  
- 4 WAYS!

22  
FUN-SIZED  
FLAVOR-FILLED  
PLANT BASED  
RECIPES

Kid Approved!  
Zucchini  
Tater Tots

Party Perfect Spinach Cheese  
Pizza Rolls

# ONE BITE

VEGAN MAGAZINE

## CONTACT Us

Call:

857-209-8525

Email:

[kevin@onebitevegan.com](mailto:kevin@onebitevegan.com)

Website:

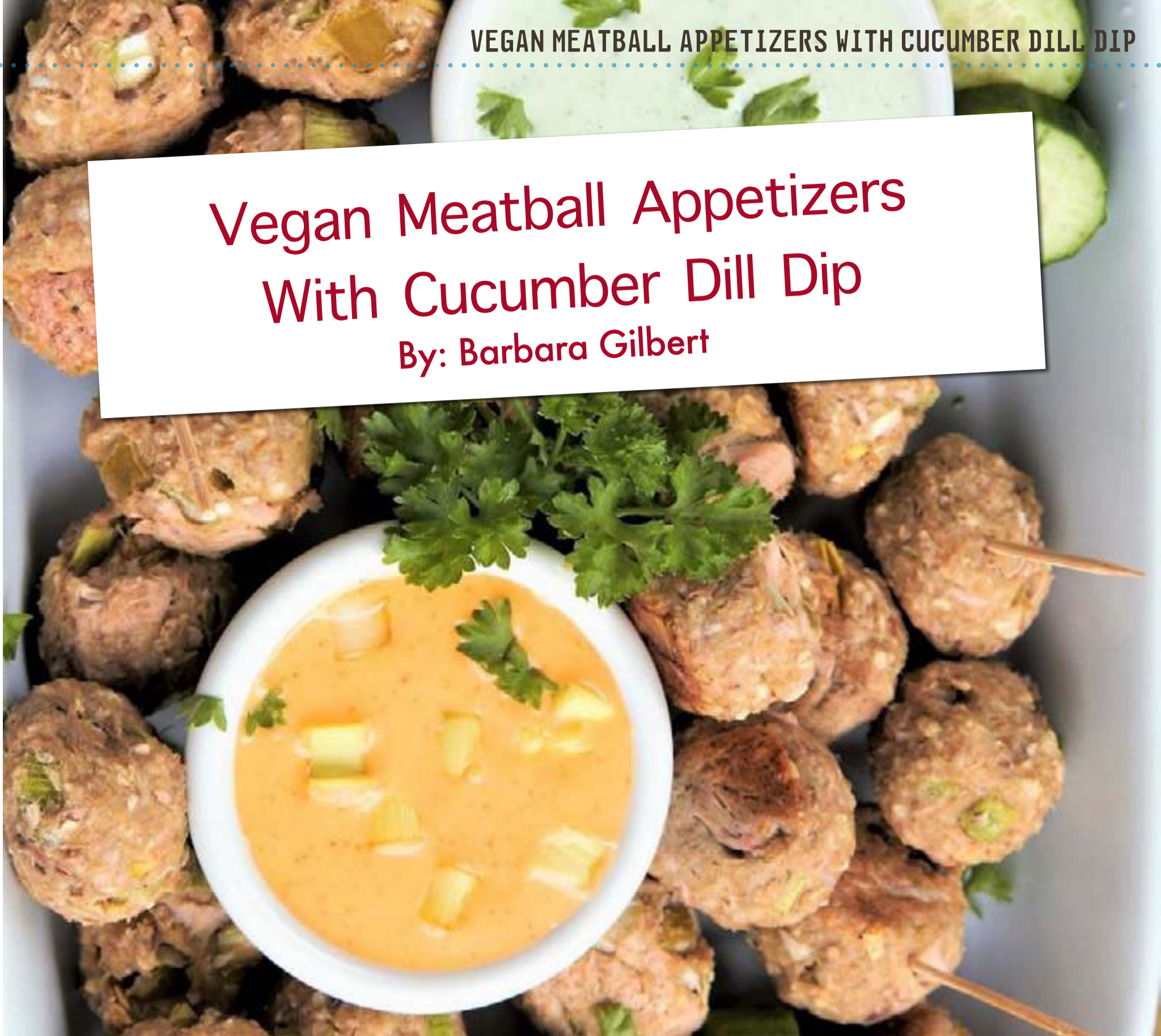
[www.OneBiteVegan.com](http://www.OneBiteVegan.com)

©One Bite Vegan Magazine 2018



# Vegan Meatball Appetizers With Cucumber Dill Dip

By: Barbara Gilbert



Vegan Meatball Appetizers With Cucumber Dill Dip is the perfect choice when you need a great tasting, easy snack. With jackfruit as the base, these balls have the exact texture of meat, and are chewy and filling. By adding a little smoked paprika and green chiles, you kick the flavor up a notch! Yes, in less than an hour, these vegan meatballs are ready to dip into the light and fresh Cucumber Dill Dip or your favorite sauce or dressing. This snack is vegan, gluten free, dairy free.

The perfect light and fresh appetizer for any occasion.

**Vegan Meatball Appetizers With Cucumber Dill Dip**

**Serving Size: 5 meatballs with dip**

**Ingredients:**

**Meatballs**

- 1 cup oatmeal
- 1 14 oz can jackfruit, organic
- 3 tbsp ground flax seed meal
- 1 tsp sea salt
- 1/2 tsp smoked paprika
- 2 tsp granulated garlic or garlic powder
- 4 cloves garlic
- 3 tbsp green chiles, canned
- 1/4 cup onions
- 7 oz tofu

**Cucumber Dill Dip**

- 1/2 cup sliced cucumber
- 3 cloves garlic
- 1/2 tsp sea salt

- 1/2 cup vegan yogurt
- 1 tbsp fresh dill
- 1 tsp fresh parsley garnish

**Instructions:**

**Meatballs**

1. Preheat oven to 375°F. Add all ingredients to food processor and pulse until mixed well, but not pulverized.
2. Roll meatballs, approximately 1 inch or 1 tsp in size. Makes approximately 30 meatballs. Place meatballs on baking sheet with silicon or parchment paper.
3. Bake at 375°F degrees for 20-25 minutes. Serve with Cucumber Dill Dip

**Cucumber Dill Dip**

Add all ingredients except dill to small blender. Blend until smooth. Add dill and pulse for a few seconds, leaving some dill pieces visible. Serve with meatballs and garnish with dill and parsley.



**ABOUT THE AUTHOR**

Barbara Gilbert is the chief creator at [greenschemetv](http://greenschemetv.com), a recipe blog that features good eats...gluten free, dairy free, vegetarian, plant based and vegan. We think food should nourish and sustain you, not just entertain you.