

Frittata Muffins



Ingredients:

8 organic free-range eggs
1/3 cup almond milk or milk of your choice
1 medium carrot, grated
2 broccolini, chopped
Handful of spinach, chopped
7-8 cherry tomatoes, chopped
1 garlic clove, crushed
1 small onion, finely chopped
1/2 tsp organic dried basil
Salt & pepper to taste
1/2 tsp bicarb soda
1 tbsp lemon juice
1/4 cup sunflower seeds & pepitas

Method:

Preheat oven to 185 C.

In a bowl, whisk eggs and milk until frothy. Gently add in veggies and seasonings. Mix in bicarb soda and lemon juice. Spoon mixture into greased muffin tin and sprinkle seeds on top. Only fill muffin cases 2/3 full, otherwise they will overflow. Bake for 20-25 minutes until firm.

Keep in the refrigerator for up to 3 days. Enjoy!