

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Mini Frittatas

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A fun and easy morning meal baked in individual muffin cups so everyone gets the mix-ins they like.

Makes 6 mini frittatas

4 large eggs

¼ cup coconut milk beverage, almond milk or half-and-half

½ tsp salt

Assorted mix-ins (such as shredded raw cheese, diced vegetables, and cooked and chopped bacon, ham or sausage)

Grated Parmesan cheese (optional)

1. Heat oven to 350° F and coat a 6-cup muffin pan with nonstick spray.
2. Whisk together the eggs, milk, and salt in a medium bowl, then evenly distribute the egg mixture among the muffin cups.
3. Add about 2 Tbsp of mix-ins to each cup, then sprinkle on a bit of Parmesan cheese, if you like.
4. Bake until puffy and the edges are golden brown, about 20 to 25 minutes. (If necessary, run a butter knife around the edge of each one to loosen them before removing them from the pan.)