



FRITTATA MUFFIN CUPS

45 MINUTES

MAKES 12 MUFFIN CUPS

These Frittata Muffin Cups are the perfect on the go breakfast. Make them Sunday and you'll have a protein packed breakfast all week long.

INSTRUCTIONS

Preheat oven to 375°F. In a small pan, over medium heat, melt butter and sauté pepper and onion, season lightly, cooking just until soft. Allow to cool.

Meanwhile, heavily grease a 12-cup muffin pan. In a large bowl crack the eggs, add milk and whisk until fully combined.

Add peppers, onions, Micro Broccoli, basil, ¼ cup of feta cheese and season with salt and pepper, stirring to combine. Pour the egg mixture evenly into muffin pan (approximately ¼ cup each).

Top with the remaining ¼ cup of feta. Bake for 20-25 minutes, rotating pan once or until centre is fully cooked and no longer jiggles.

Allow to cool slightly before removing from pan. Run knife along edges to help release. Allow to cool completely on wire rack before wrapping or refrigerating.

To reheat: Microwave for 15 second intervals until heated through. If reheating from frozen, microwave for 30 seconds and then 15 second intervals thereafter, be careful not to overcook.

Enjoy!

INGREDIENTS

8 Eggs

$\frac{2}{3}$ Cup of Milk or Cream

1 Tbsp of Butter

$\frac{1}{4}$ Red Pepper, small diced

$\frac{1}{2}$ Small White Onion, peeled and small diced

$\frac{1}{2}$ Cup of Feta Cheese, crumbled, divided

$\frac{1}{4}$ Cup of Fresh Basil Leaves, chopped

1 Pack of GoodLeaf Micro Broccoli, roughly chopped



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