



FRITTATA MUFFINS

These “muffins” are the perfect make ahead breakfast or snack. You can add whatever ingredients you like...bacon, mushrooms and swiss, sautéed veggies and goat cheese, spinach, tomatoes and feta – you get the idea. They are also delicious with no cheese if you are dairy free. Clean out your fridge on Sunday afternoon and have nutritious breakfasts all week! This is a breakfast that you will feel good about feeding your kids before school.

(makes 12 muffins)

coconut oil for greasing pan

8 large eggs (preferably cage free and organic)

½ cup milk (organic cow’s milk or any unsweetened non-dairy milk)

sea salt and black pepper, to taste

¾ cup cooked crumbled high quality breakfast sausage (I buy mine from a farmers’ market)

¾ cup finely chopped spinach or swiss chard

¾ cup freshly grated cheddar cheese (preferable organic)

PREPARE. Preheat oven to 350. Grease a 12 muffin pan with coconut oil.

ASSEMBLE. Whisk together eggs, milk, salt and pepper. Pour eggs evenly into muffin pan. They will only fill about ½ of each cup. Evenly distribute about 1 tablespoon sausage and 1 tablespoon spinach into each cup and gently press down into egg mixture. Top each one with about 1 tablespoon grated cheese.

BAKE. Cook for about 20-24 minutes or until eggs are set. They will keep in the fridge for about 5 days and they freeze well too.