

# BOMBSHELL FRITTATA



## INGREDIENTS:

- 3 Whole Eggs
- 4 Egg Whites
- ½ Cup Reduced Fat Cheese
- 2 Tbsp Whole Milk, Half & Half, Cashew Milk, or Pea Milk
- Dash of Salt & Pepper
  
- 2 Cups of Raw Vegetables  
Options: broccoli, mushrooms, onion, artichoke, spinach, bell pepper, tomatoes, or any non-starchy vegetable

## DIRECTIONS:

- 1) Preheat oven to 425°F
- 2) Spray cooking spray or oil on Muffin pan (Pro Tip: wipe excess oil with paper towel ensuring each compartment is lined)
- 3) Wash and cut selected vegetables.
- 4) Saute vegetables until cooked (leafy greens should be slightly wilted)
- 5) Mix egg whites, eggs, salt & pepper, and cheese (optional: mix half the cheese and use the other half to top your frittata.
- 6) Add your cooked vegetables and combine well
- 7) Split mixture onto muffin pan. Fill each  $\frac{3}{4}$  of the way
- 8) Bake for 17-20 minutes

Enjoy!

Makes 12 Frittatas

Calories per Frittata: 50 | Protein: 5 gm | Carbs: 3 gm | Fat: 2 gm