MINI VEGETABLE FRITATTAS

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Prep Time:10 mins
Cook Time: 2-10min
Total Time: 20 mins
Serves:4

This is a great option to get the richness of a traditional quiche while cutting the crust and carbs in the process. Make your custard ahead of time, adding your favorite veggies, protiens. Simply pour off a small portion and microwave for an almost instant breakfast.Serve with fruit to complete the meal

GATHER

- 5 eggs
- ⅓ cup Cream of Choice
- ½ cup Onions, minced
- ½ cup Baby Spinach chopped
- ⅓ cup Cheddar Cheese for topping (optional)

From the Cupboard:

salt & pepper to taste, pan spray

MAKE

Preheat oven to 350° In a medium-sized mixing bowl, crack eggs, add cream and scramble. Add remaining ingredients except for cheese and stir to incorporate. Divide egg mixture into 4 oven-safe cups or ramekins. Sprinkle cheese on top and place on a baking tray.

Bake until eggs are set and cheese begins to brown, about 20 min. Serve immediately with fresh fruit.

Prepare in the microwave and repeat the steps above. And microwave cup/ramekins one at a time for 2 minutes, or until eggs are set and cheese is melted. Serve immediately with fresh fruit.