

→ FAMILY FOOD PATCH



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# Mini veggie frittatas



# MINI VEGGIE FRITTATAS



Makes 12 mini frittatas



Can be frozen



Prep time: 15mins + cook time

## What you need

8 eggs

1 cup of grated cheese

1 zucchini, washed and grated

1 carrot, washed and grated

Large handful of baby spinach leaves

6 cherry tomatoes, halved

Salt and pepper to taste

Spray oil, for muffin tray

## How to make

1. Heat oven to 180°C and line muffin tray with cupcake liners or spray with oil.
2. In a large bowl whisk eggs together, then add the zucchini, carrot and cheese. Stir to combine.
3. Place small amount of spinach leaves in each muffin hole and top with mixture.
4. Add half a cherry tomato to the top of each and salt/pepper to taste.
5. Place in the oven and cook for 20mins or until egg mixture is set.
6. Carefully remove from muffin tray and cool on wire rack.