



TOMATO + ARUGULA MINI FRITTATAS

This simple recipe is great to whip up the night before and so you have a grab-and-go breakfast the next day but is still easy enough to throw together in the morning when you have a few extra minutes.

The extra spices are optional because these are good on their own, but if you spend a few more minutes they'll be even tastier.

INGREDIENTS

Makes 6 Frittatas

2 cups arugula
1 cup quartered cherry tomatoes
3 eggs
1/4 cup filtered water
Butter, Ghee or Avocado Oil for greasing
Salt + Pepper to taste

Optional Flavour Boosts:

1 – 2 cloves garlic minced or 1/2 teaspoon dried
garlic powder
1 shallot diced or 1/2 teaspoon dried onion powder
or onion flakes
1/2 teaspoon dried chilli flakes

INSTRUCTIONS

1. Preheat oven to 190C or 375F. Grease a 6 cup muffin tin with either avocado oil, butter or ghee.
2. Wash the greens and cut or tear into smaller pieces if necessary. Cut tomatoes into quarters.
3. In a large bowl, whisk together the eggs and water and add any seasonings now. Set aside.
4. Place some greens and a few tomato pieces into each muffin tin. Then, pour the egg overtop until each cup is filled but not overflowing.
5. Bake for about 15 minutes or until they are golden and have puffed up a bit.

Alternatives + Replacements

Egg alternative: Try Follow Your Heart brand Vegan Egg, optional seasonings recommended

Different Greens: baby spinach, baby kale, watercress or any other small-leafed, tender green

Tomato swap: try chopped mushrooms, chopped artichoke heart, diced pre-cooked yam/sweet potato, chopped asparagus