

Vegan Egg Frittata Bites

Swick

Makes 12 mini frittata bites | Active Time: 35 minutes | Total Time: 35 minutes

Chef's Notes

Nutrition per serving: Calories 332; Fat 16g ; Carbs 36g; Fiber 13g; Sugar 4g;
Protein 16g; Cholesterol 0mg; Sodium 670mg; Vitamin A 5796IU; Vitamin C 24mg;
Calcium 219mg; Iron 8mg

Step 1: Method

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| • 1 bottle of JUST Egg | 1. Spray a mini-muffin pan with oil. Preheat oven to 350 degrees. |
| • 1 tsp garlic powder | 2. Whisk together JUST Egg, garlic powder and turmeric. Set aside. |
| • 1/2 tsp turmeric | 3. Chop onion, spinach and tomatoes. Sprinkle the onions into the muffin cups, |
| • 1/2 sweet onion, finely chopped | followed by the tomatoes and spinach. Try to divide them evenly between each |
| • 4 pieces sun-dried tomatoes, chopped | muffin cup. |
| • 1 cup baby spinach, chopped | 4. Spoon egg mixture evenly into each muffin cup. Bake for 30 minutes. |
| • 1/2 cup vegan feta (we like violife) | Enjoy! |