

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

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