

## Easy Cheesy Muffin Frittatas

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These delicious nutritious muffins are packed full of veggies and protein. They can be made ahead of time, frozen, and reheated for a filling snack or quick breakfast.

Makes 12 muffins

### INGREDIENTS

12 eggs

¼ tsp salt

¼ tsp pepper

1 cup finely chopped spinach

½ cup diced red onion and bell pepper (or veggies of choice)

½ - ¾ cup shredded cheddar cheese (or cheese of choice)

### DIRECTIONS

Heat oven to 350°F. Grease a 12-cup muffin tin.

Crack eggs into a large bowl and whisk together with salt and pepper until well-blended.

Add chopped veggies and cheese to egg mixture; mix well.

Spoon evenly into the 12 greased muffin cups; filling each cup about ¾ of the way.

Bake in 350°F oven until just set, 20 to 22 minutes. Cool on wire rack for about 5 minutes before removing. Serve warm.

### Recipe Note:

If you want to freeze the egg cups, let them cool completely and then wrap each egg cup individually in plastic wrap and transfer to a large freezer bag. They can be frozen safely for up to one month.

When ready to eat, thaw in the fridge overnight and then re-warm in microwave or oven. If taken directly from the freezer, heat in microwave until thawed and warm. REMOVE plastic wrap before placing in microwave!