

## MINI VEGGIE FRITTATA (SLICE OF LIFE BLOG)

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*Ingredients: (this recipe made 5 mini frittatas)*

**-YOU COULD MAKE ONE LARGE TRADITIONAL FRITTATA**

4 eggs  
1/4 cup unsweetened almond milk or veggie broth  
1 handful fresh spinach, chopped  
1/4 medium onion, chopped  
1/4 red bell pepper, chopped  
1/4 tsp sea salt

Set the oven to 375\* & generously grease a muffin pan (I used coconut oil & only greased 5 muffin cups)

Saute the veggies (except spinach) in oil or butter on low heat until tender.

In a small bowl, whisk together eggs, milk/broth, & cheese if using.

Add all veggies and salt to egg mixture and stir together.

Pour mixture into muffin cup until 3/4 full.

Bake for 15-20 minutes.