



Mini Frittatas

Preparation time: **10 minutes**

Cooking time: **125 minutes**

Ingredients

6 eggs

¼ cup cream

1 cup cheese, grated

Salt and pepper, to season

⅓ cup peas

⅓ cup zucchini, grated

1 tbsp basil pesto

½ cup roasted pumpkin, cubed

2 tbsp feta, crumbled

⅓ cup baby spinach, finely chopped

1 slice ham, finely chopped

8 cherry tomatoes, halved

Instructions

1. Preheat oven to 200 degrees Celsius. Grease a 12-hole muffin tin with olive oil spray or line with 12 papers.
2. Evenly divide the peas, grated zucchini and pesto into 4 muffin cups.
3. Evenly divide the pumpkin, feta and baby spinach into 4 muffins cups.
4. Evenly divide the ham and cherry tomatoes into 4 muffins cups.
5. Place the eggs, cream and cheese into a large jug – season with salt and pepper and whisk to combine. Evenly divide the egg mixture into the 12 muffins cups.
6. Bake for 10-12 minutes or until golden and set.
7. Allow to stand in the pan for 5-10 minutes before loosening with a knife and removing.