



# Recipe

## Mini Frittatas

Ingredients	Amount	
Broccoli (stems removed and cut into small florets)	1/2	cup
Eggs	6	eggs
Shredded cheese (chedder)	3/4	cup
Milk	1/2	cup
Pink salt	1/2	teaspoon
Crushed black pepper	1/4	teaspoon
Mushrooms (sliced thinly)	1/2	cup
cherry tomatoes (cut in half)	1/2	cup
Chopped parsley	1	tsp
Butter	1/2	teaspoon



### NOTES

### Instructions

1. Boil the broccoli in water until tender and drain and set aside.
2. Whisk 6 eggs in a large bowl. Add the milk and mix
3. Add the cheese, cooked broccoli, mushrooms and parsley.
4. Add salt and pepper and mix well.
5. Grease large muffin tin with butter.
6. Evenly divide mixture into muffin tin being careful not to over fill it. Place two halved cherry tomatoes on top of each frittata.
7. Bake at 185C for 20 minutes or until golden.