

Mushroom Frittata Egg Bites

WHOLE-FOOD RECIPE | NO ADDED SUGAR



Prep:
10 min

Cook:
18-22 min

Serves:
6

INGREDIENTS

- 8 organic eggs
- 1/2 cup organic full cream
- 1 cup chopped mushrooms
- 1 cup organic shredded cheese, such as cheddar, mozzarella or a cheese blend
- 2 tbsp chopped fresh Italian herbs or 1 tsp dried Italian herbs
- 1/2 tsp sea salt, or to taste
- 1/4 tsp black pepper
- Optional: finely chopped spinach, peppers, onion, leftover cooked vegetables or cooked organic chicken

Ingredient note

Use organic ingredients whenever possible. Choose whole-food ingredients without added sugar, fillers, preservatives or artificial ingredients.

INSTRUCTIONS

1. . Preheat oven to 375°F (190°C), or use an air fryer-safe silicone muffin pan if making a smaller batch.
2. . Whisk the eggs with full cream, sea salt, black pepper and Italian herbs until well combined.
3. . Stir in mushrooms, cheese and any additional vegetables or leftovers you are using.
4. . Divide the mixture evenly among silicone muffin cups, filling each about three-quarters full.
5. . Bake for 18-22 minutes, or until puffed, golden and set in the centre.
6. . Let cool for 5 minutes before removing from the cups. Serve warm or refrigerate for later.
7. STOP SUGAR CRAVE™ COOKBOOK Stop Sugar Crave™ | Crave Less. Live More.

VICTORIA'S TIP

VICTORIA'S KITCHEN NOTE These are the kind of practical, pretty little bites I love having ready in the fridge. They feel special enough

APPROXIMATE NUTRITION

NUTRITION - APPROXIMATE PER SERVING Serving size: 2 egg bites. Nutrition will vary depending on the cheese and vegetable amounts used. Calories 220 Protein 15 g Total carbohydrates 3 g

RECIPE PAGE - LIGHT BITES

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