

Frittata bites

Makes 18 Preparation 20 MINS

Cooking: 25 minutes



8 eggs

1 ½ cups grated tasty cheese

1 cup milk

2 small zucchinis finely diced

4 rashers rindless bacon chopped and cooked

½ cup chopped semi-dried tomatoes

4 green onions finely chopped

Mixed salad to serve

1. Preheat oven to 180 degree C. Lightly grease a 12-hole muffin pan. In a bowl, whisk eggs, cheese and milk together. Season to taste.
2. In a small bowl combine remaining ingredients. Sprinkle evenly into muffin tins. Carefully pour egg mixture over.
3. Bake 20-25 minutes until golden and firm. Place in a lunchbox with salad of choice.

Cook bacon in a non-stick pan on high 2-3 minutes until crisp. Store in an airtight container in the fridge for 3-4 days.