



BITE SIZE FRITTATAS

ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 20 mins

Cook time: 30 mins

Makes: 24



INGREDIENTS

- 8 fresh eggs
- 1 cup almond milk
- 1/4 tsp pink rock salt
- 1/5 tsp Black pepper
- 3/4 cup diced vegan cheese
- 1/2 avocado, cut into 24
- 2 tbsp chopped coriander
- 6 cherry tomatoes, cut into 4 slices each

METHOD

- Preheat oven to 160°C.
- Grease a small 24 hole muffin tray
- Whisk eggs, milk, salt and pepper in a jug.
- Place a piece of cheese, avocado and pinch of fresh coriander into each muffin hole.
- Pour egg mixture over coriander, filling each one to the top.
- Top with a piece of tomato.
- Bake in oven for 20 minutes, until set.
- Remove and stand to cool a little before removing from pan.