

Mini frittata muffins

(makes 6)

- 4 eggs, beaten
- 1 tbsp melted butter
- 100mls milk
- Salt & pepper to taste
- 1 tsp dried oregano or mixed herbs (optional)
- 6 tbsp vegetables of your choice – whatever you have in the fridge or left over from the night before
- 60g grated or crumbled cheese of your choice

Preheat the oven to 190°C/Gas 5.

Grease the muffin tray.

Place the eggs, butter & milk in a jug with the seasoning & herbs if using.

Divide your chopped vegetables and cheese in each of the 6 muffin moulds. Pour in the egg mixture until they are 2/3rds full.

Bake in the oven for 20 mins until golden. They will rise but will naturally drop again once cooled.

