**Muffin Frittatas**

Serves: 6 (12 muffin frittatas)

**Ingredients:**

6 eggs

1/2 cup milk

1/4 tsp salt

1/8 tsp pepper

1 cup cheddar cheese

1/2 cup broccoli florets

1/4 cup red bell pepper

1/4 cup purple onion

1/4 cup zucchini

**Directions:**

1. HEAT oven to 350°F.
2. PREP veggies. Wash and chop all the veggies on a cutting board.
3. ADD shredded cheese, zucchini, bell pepper and onion and mix well. Distribute evenly amongst 12 muffin cups.
4. BEAT eggs, milk, salt and pepper in large liquid measuring cup until well-blended and then pour evenly in 12 muffin cups.
5. STIR each muffin with a fork a little bit to mix ingredients.
6. BAKE in 350F oven until just set, about 20 to 22 minutes.
7. Cool on wire rack for about 5 minutes.
8. Remove from cups and serve warm.