

VEGETABLE FRITTATA

INGREDIENTS

- 4 eggs
- 2 cups of baby spinach
- ½ a cup of zucchini
- ½ a cup of thinly sliced sweet potato
- A pinch of salt and pepper
- Sliced olives or fresh basil for garnish
- Olive oil

METHOD

- Pre-heat oven to 180°C.
- Beat eggs in large bowl. Add remaining ingredients and mix.
- Grease a pie dish with olive oil.
- Place mixture into the pie dish.
- Garnish with sliced olives or fresh basil.
- Cover the dish with foil.
- Place in oven and bake for 35 to 40 minutes (remove foil for the last 10 minutes of cooking time). Ensure frittata is cooked, but not browned.
- Serve with salad greens or steamed veggies.

Tip: Place any leftovers in the fridge and have for lunch the next day.



DETOX