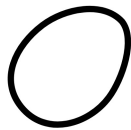


Mini Frittatas



Ingredients

6 eggs



1/2 cup milk



red onion



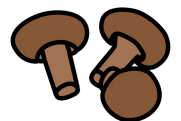
baby spinach



capsicum



mushrooms



grated cheese

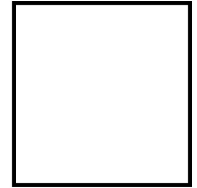


ham

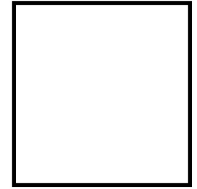
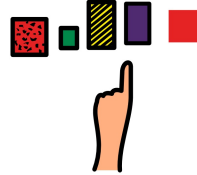


Directions

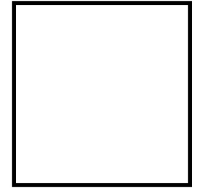
Wash your hands.



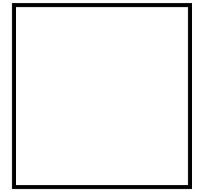
Choose your fillings



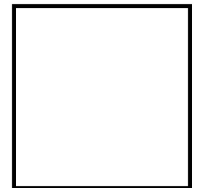
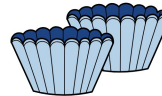
Grate or finely cut vegetables and ham.



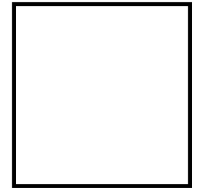
Stir together your eggs and your fillings.



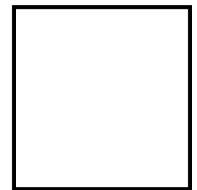
Place your patty pans into your muffin tray.



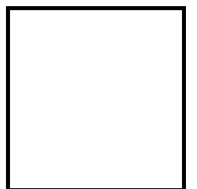
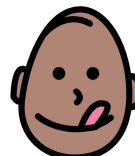
Pour your mixture into the muffin tray.



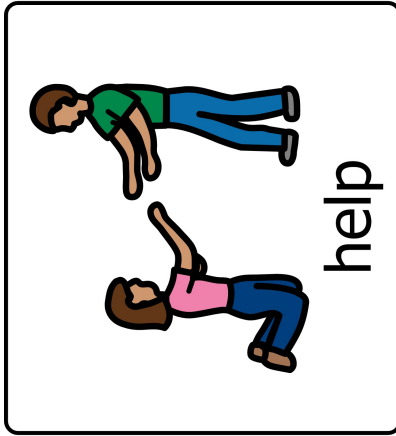
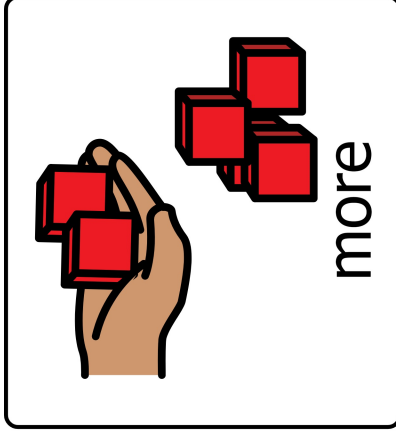
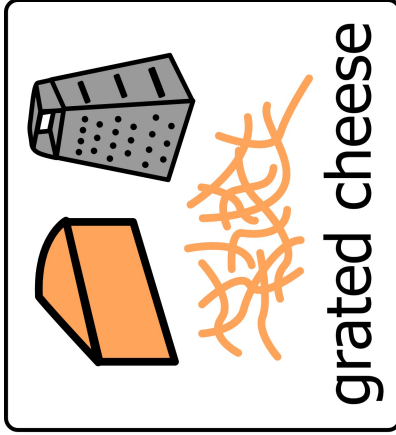
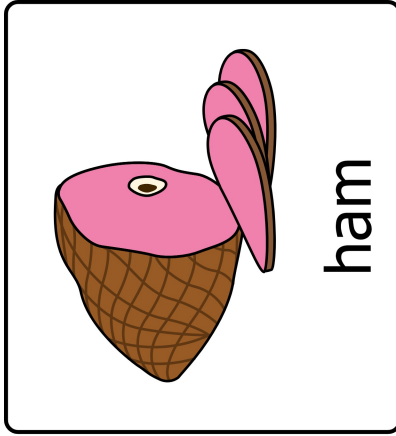
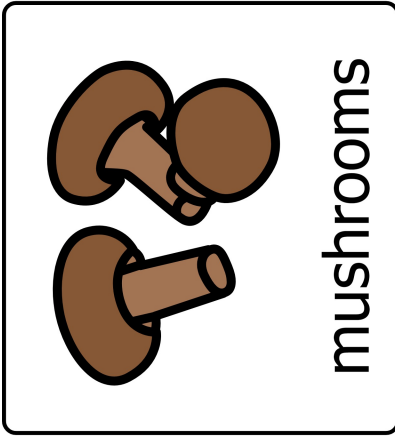
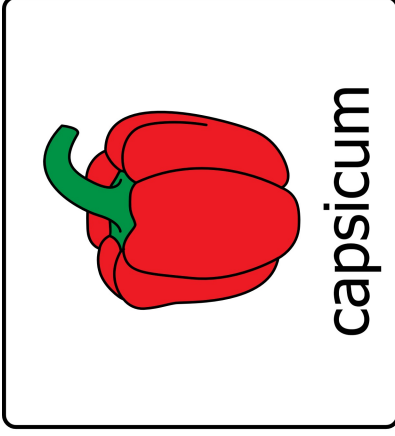
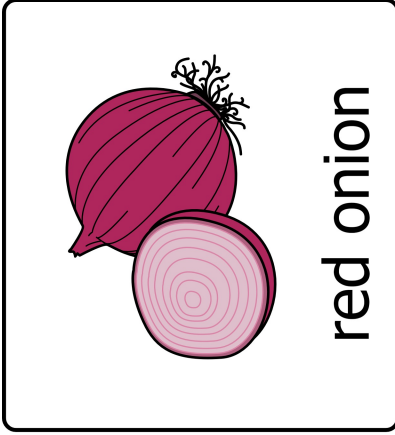
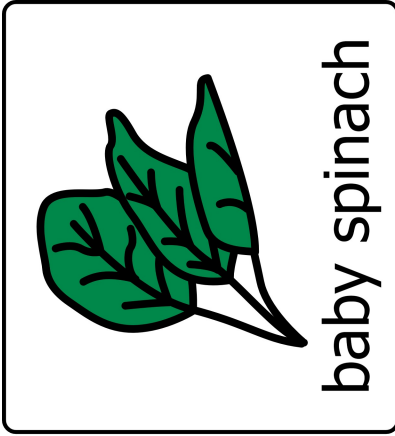
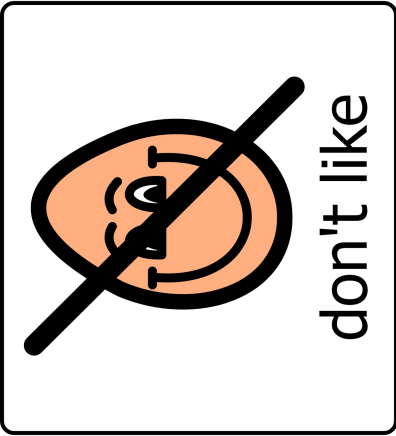
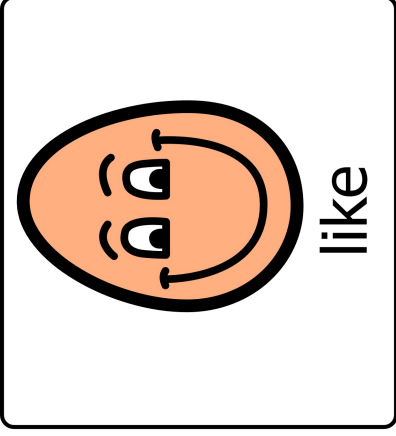
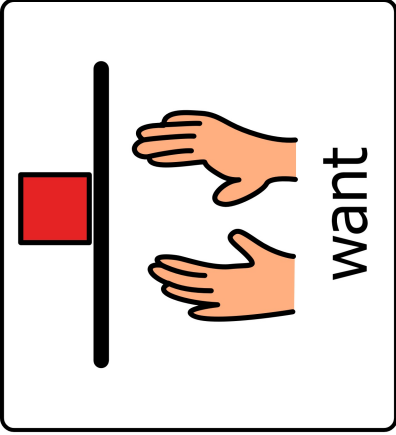
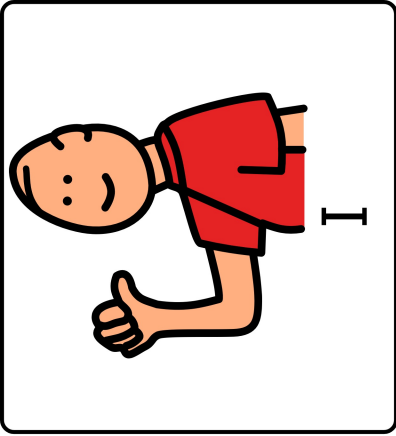
Cook on 180c for 15-20 minutes.



Enjoy!



Vegetable Frittatas



Matching

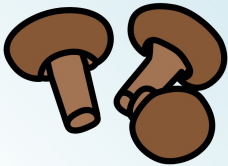
Draw a line between the matching items.



baby spinach



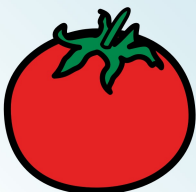
red onion



mushroom



capsicum



tomato



red onion



baby spinach



tomato



brown
mushroom



capsicum