

# Egg Frittata Muffins

**SERVINGS** 12 egg muffins

**SERVING SIZE** 1 muffin

## INGREDIENTS

1 tbsp olive oil  
1 cup chopped onion  
8 oz mild Italian sausages,  
broken into 1-inch pieces  
1 (10 oz) bag of spinach  
8 large eggs  
¼ cup milk  
¼ tsp salt  
¼ tsp pepper  
1 cup (4 oz) crumbled feta  
cheese

## NUTRITION

Calories	172
Fat	12g
Sodium	250mg
Carbohydrates	3g
Protein	13g

## ALLERGIES



## DIRECTIONS

1. Preheat oven to 325 degrees F.
2. Grease muffin tin with oil and set aside OR line muffin tin with cupcake liners.
3. Heat oil in large nonstick skillet over medium-high heat.
4. Add onion to skillet and sauté until soft, 4-5 minutes.
5. Add sausage and sauté until brown and cooked through, breaking up with fork.
6. Add spinach and cook until wilted then remove skillet from heat.
7. Add feta cheese to sausage and onions.
8. Whisk eggs, milk, salt, and pepper in bowl.
9. Pour eggs into muffin tin, filling about half way.
10. Add feta, sausage, spinach and onion mix.
11. Bake in oven for about 20-25 minutes or until the muffins have risen slightly and are firm to the touch.



# No Bake Granola Bar

**SERVINGS** 10 bars

**SERVING SIZE** 1 bar

## INGREDIENTS

2 cups old fashioned rolled oats  
½ cup almond butter  
2 tbsp water  
¼ cup honey  
½ cup chopped nuts (almonds,  
pecans and/or walnuts)  
½ cup dried fruit (cherries,  
cranberries and/or raisins)  
¼ tsp cinnamon

## NUTRITION

Calories	230
Fat	12g
Sodium	40mg
Carbohydrates	25g
Protein	6g

## ALLERGIES



## DIRECTIONS

1. Mix all ingredients in a large bowl.
2. Transfer mixture onto a cutting board and cover with a piece of plastic wrap.
3. Press VERY firmly to shape into a large square or rectangle, remove plastic wrap.
4. Set in freezer for 30-60 minutes
5. Remove from freezer and cut into bars.
6. Individually wrap to enjoy throughout the week.

