



Recipes

Breakfast

Vegetable Frittata

Prep Time: 25 minutes

Yield: 4 servings

Ingredients:

- 1 tablespoon coconut oil
- 1 clove garlic, smashed
- 3 cups broccoli florets, cut into small pieces
- 1/2 cup bell pepper, chopped
- 6-8 organic eggs
- Sea salt and pepper to taste

Directions:

1. Preheat oven to 350° F.
2. Add coconut oil to sauté pan over medium heat. Add veggies and cook for a few minutes. Season with sea salt and pepper to taste.
3. Beat eggs well in a medium bowl and season with sea salt and pepper. Add eggs to skillet of vegetables.
4. Spread eggs and vegetables evenly in the pan. Remove from heat and place the skillet into the oven and bake for 12-15 minutes.