

# Frittata Muffins

○ Simple

Ingredients for 3 Persons

**Preparation time:**

Required time: 7 Min.

Set-up time: 5 Min.

6 yello cherry tomatoes

1 red pepper

1 red onion

30 g feta cheese

1 tbsp Organic Coconut Oil – Premium Quality

2 tbsp Organic Coconut Blossom Syrup

4 eggs

salt

black pepper

1 bunch parsley

2 tbsp Organic Coconut Blossom Vinaigrette  
"Nectar Dream"

1 bunch rucola

1 Quarter the cherry tomatoes.

2 Cut the red pepper into small pieces and remove the seeds.

3 Grease the muffin pan with Coconut Oil and spread the vegetable and feta cheese over the bottom.

4 Spread the vegetables evenly over the bottom and spread the Coconut Blossom Syrup over the top.

5 Beat the eggs with salt, black pepper and chopped parsley.

6

Pour the egg mixture into the muffin pan.

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7

Bake at 200 °C (390 °F) for approx. 15 minutes.

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Arrange the rucola on 4 plates, place 2 Muffins on each plate and sprinkle with the Coconut Blossom Vinaigrette.

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