

Mini Sweet Potato Frittatas

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 8 whole organic eggs
- 1/2 cup nut milk
- 1 cup cooked sweet potato, small cubes
- 1/2 cup fresh cilantro, chopped
- 4 green onions, chopped
- 1/2 cup feta cheese, crumbled*
- 1/4 cup Hemp Heart Toppers: Onion, Garlic & Rosemary flavour
- Salt and Pepper

Instructions:

1. Preheat oven to 350F degrees.
2. In a large bowl, whisk the eggs and add the milk, sweet potato, cilantro, onions and feta cheese.
3. Grease or line a muffin tin with paper cups. Evenly divide mixture among 9 muffin cups.
4. Sprinkle Hemp Heart Toppers on top of the frittatas.
5. Bake for 15 to 20 minutes or until golden brown.
6. Enjoy immediately!

Notes:

Serves 4 generously. *Omit feta for dairy-free.