



## GLUTEN FREE MINI QUINOA & VEGETABLE FRITTATA'S

*It's so easy to run out of ideas for school lunches or healthy snacks to have on hand in the fridge. Often this results in us going for a less nutritious (or sometimes sugary) option which doesn't really support growing or fully grown bodies. Here is a simple frittata recipe using quinoa and fresh vegetables that is a delicious option for those looking for a little healthy inspiration.*

**Preparation time:** 1/2 hour

**Cooking time:** 1/2 hour (approx)

**Serves:** 25 bite size muffins

### **Ingredients:**

1 cup of cooked organic tri-coloured quinoa

6 eggs

½ red capsicum, diced

1 large carrot, grated

1 small red onion, diced

1 cup green peas

¾ cup choice of gluten free plain flour

½ cup Feta cheese, crumbled (optional for those who are dairy free)

Salt and pepper, to taste

Handful fresh basil & thyme leaves, torn

Olive oil for greasing

### **Method:**

Preheat your oven to 180 degrees Celsius.

Cook the quinoa set aside to cool (for simple instructions [click here](#))

In a large saucepan, gently fry off the onion, capsicum and carrot on medium heat until lightly brown and softened (about 10 minutes).

Transfer the cooked quinoa to a mixing bowl and add the rest of the prepared ingredients, mix thoroughly to combine.

Grease (well) a mini muffin tray with olive oil and gently spoon the mixture, filling it almost to the top. Place in the oven and bake for 20-30 minutes or until golden brown on the edges.

Allow to cool slightly before serving. Prepare a quick leafy green salad if enjoying these muffins for lunch or dinner. Enjoy!

**Gluten Free | Sugar Free | Vegetarian**