



# Organic Super Blend Frittata Muffins

## Servings

6 (12 muffins)

## Calories

130

## Prep Time

15 minutes

## Total Time

45 minutes

## Skill Level

Medium

## Ingredients

1 (10 ounces) package Mann's Organic Super Blend

1 medium sweet potato

butter (enough to lightly coat a 12-muffin pan)

1 stalk green onion, thinly sliced

2 sausages of choice, chopped

16 ounces egg whites

salt and pepper to taste (optional)



## The Method

Preheat your oven to 350° F. Wash and peel your sweet potato and then slice it widthwise ¼" thick using a mandolin slicer. Lightly grease your muffin pan with butter. Add 1 slice of sweet potato to the bottom of each pan compartment and bake for 15 minutes.

Add Mann's Organic Super Blend, green onion, sausage, salt, and pepper to a large mixing bowl and mix to combine. Divide mixture evenly into the muffin pan compartments. Pour egg whites over mixture until liquid is just below full. Bake for 20 minutes on the center rack, or until egg whites are set.

TIP: Store any remaining muffins in an airtight container for up to 3 days.

### Nutrition Facts

Serving Size: 177g | Servings: 6

### Amount Per Serving

Calories 130 | Total Fat 4.5g (sat 2g trans 0g) | Cholesterol 15mg | Sodium 330mg | Total Carbohydrate 9g | Dietary Fiber 2g | Sugars 3g (Includes 0g Added Sugars) | Protein 14g | Vitamin D 0% | Calcium 4% | Iron 6% | Potassium 8%