

PROSCIUTTO-WRAPPED MINI FRITTATA MUFFINS

Ingredients:

- 4 tablespoons fat (avocado oil, ghee, etc.), divided
- ½ medium onion, finely diced
- 3 garlic cloves, minced
- ½ pound cremini mushrooms, thinly sliced
- Kosher salt
- Freshly ground pepper
- 8 large eggs
- ¼ cup full-fat coconut milk
- 2 tablespoons coconut flour
- ½ pound frozen spinach, thawed and squeezed dry
- 5 ounces Prosciutto di Parma
- 1 cup cherry tomatoes, halved

Directions:

Preheat oven to 375°F and prep the veggies.

Heat two tablespoons of avocado oil over medium heat in a large skillet and saute the onions until soft and translucent. Add the garlic and mushrooms and cook them until the mushroom moisture has evaporated. Then, season the filling with salt and pepper and spoon it on a plate to cool to room temperature.

For the batter, beat the eggs in a large bowl with coconut milk, coconut flour, salt, and pepper until well-mixed. Then, add the sautéed mushrooms and spinach and stir to combine.

Brush the remainder of the avocado oil onto the muffin tin and line each cup with prosciutto, taking care to cover the bottom and sides completely.

Spoon in the frittata batter and top each muffin with some halved cherry tomatoes.

Place the muffins in the oven for about 20-25 minutes, rotating the tray at the halfway point.

Let the muffins cool in the pan for a couple minutes before transferring them to a wire rack.

Recipe from "NomNomPaleo.com"