



## *BLT Frittata*



### *ingredients*

- 3 eggs
- 3 strips turkey bacon, uncured, sugar and nitrate free
- 1 cup packed chopped spinach
- 6 cherry tomatoes, halved
- Splash of almond milk

### *instructions*

- Preheat the oven to 350. Beat eggs and almond milk and set aside. Place small oven-safe dish in oven.
- Heat skillet and cook bacon until crisp. Remove from pan and cut up into small pieces. Return to pan and add spinach and tomatoes, cook 2 minutes, until spinach is wilted. Add egg mixture, mix well to combine and pour into preheated dish. Bake 12-15 minutes.

