

ASPARAGUS FRITTATA



INGREDIENTS:

- 1 bunch of asparagus
- 8 eggs
- 1/2 cup whole milk
- 2 Tbsp chia seeds
- 6 Tbsp warm water
- 1/2 cup shredded cheddar cheese
(or cheese of choice)

DIRECTIONS:

1. Preheat oven to 375 degrees.
2. Grease a 9x13 pan with coconut oil
3. Cut asparagus stalks into 1/2 inch pieces
4. Whisk eggs, milk, and chia seeds in medium bowl
5. Add asparagus and shredded cheese
6. Pour into prepared pan and bake until the middle of the egg mixture is set and does not jiggle.