

## Bacon, Potato, Pumpkin, Spinach and Feta Frittata Muffins



I love autumn and having just harvested 32 pumpkins and butternut squash along with plenty of fresh spinach in the garden, I love to find new tasty ways to use these ingredients. During the week, our guests at the Lodge are provided with a scrumptious Breakfast Hamper filled with homemade goodies and these Frittata Muffins are perfect, providing a small hot element to their hamper. These are also perfect for lunch on the go, picnics or school packed lunches. I like to make a batch ahead, they store well in the fridge for a few days, or can be frozen and reheated

**Makes 6 large or 12 small Frittata Muffins**

### Ingredients

- 12 eggs
- ½ cup milk/cream or crème fraiche
- ¼ teaspoon salt
- 1 teaspoon of mustard optional
- 1 cup spinach, cooked and drained (about 1 small 250g bag of fresh spinach)
- 6 bacon slices, cooked, drained of fat, and chopped
- 50g of feta cheese crumbled
- 4 average sized potatoes cooked and chopped/sliced – cook in microwave for 6 mins with ½ cup of water double wrap your bowl.
- 500g of cooked pumpkin/butternut squash cut into small cubed (I like to roast my pumpkin with chilli oil to give it a bit of a spicy kick)
- 1/2 cup grated Parmesan cheese (optional)
- Salt & pepper to season the mix.

### Instructions

1. Preheat oven to 200 degrees. Use a 6-cup large muffin pan (or 12-cup small muffin pan). Spray the muffin pan with non-stick cooking spray or I like to use muffin wrappers.
2. In a large pouring jug, beat eggs until smooth. Add milk (cream or crème fraiche), salt and pepper, and mix.
3. Line oven tray with muffin wrappers if using. Add the cooked potato, cooked pumpkin, bacon, feta cheese and spinach to each muffin wrapper to about ¾ full.
4. Pour over the egg mixture, only to the level of the filling.
5. Top each muffin cup with grated Parmesan cheese.
6. Bake for 25 minutes. Remove from the oven, let the muffins cool for 30 minutes.

**Storing:** These will keep in the fridge for up to 3 days. I also make a batch and freeze them. Let them cool, then freeze in a single layer in a covered container. Remove from the freezer and thaw in the fridge overnight. Reheat on a baking sheet in a preheated 200degree oven for about 10 minutes.\