

Healthy Bites

with

Bridgette



Spring Frittata with Three Different Overnight Oats Recipes

Makes 6 frittata servings and 3 oats servings

Ingredient List:

For Frittata:

8-10 large eggs
½ cup Greek yogurt
1 bunch green onions
½ cup asparagus
2-3 cups baby spinach
Goat or feta cheese crumbles
2 Tbsp unsalted butter or extra virgin olive oil
Salt/pepper

For Overnight Oats (many options to choose from):

1 ½ cups whole rolled oats
Low fat or fat-free dairy or unsweetened plant-based milk high in protein
½ cup almonds, chia seeds, flax meal, walnuts, cashews or other preferred nuts
2 Tbsp peanut butter (optional)
2 cups fresh or frozen fruit
1 can pumpkin puree (optional, good for babies)
Shredded unsweetened coconut (optional)