



Tomato, Spinach & Feta Breakfast Pizza

4 servings

50 minutes

Ingredients

- 6 Egg
- 1/4 cup Milk
- 1 cup Spinach Leaves (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Feta Cheese (crumbled)
- 1 Tomato (sliced into rounds)
- 1 1/2 tbsps Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	186
Fat	14g
Saturated	4g
Polyunsaturated	2g
Monounsaturated	7g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	11g
Sodium	238mg
Calcium	131mg
Iron	2mg
Folate	50µg
Vitamin B12	0.8µg
Zinc	1mg

Directions

- 1 Preheat oven to 180°C. Place eggs in a large mixing bowl and beat with a fork. Then add milk, feta cheese, and spinach. Stir until evenly mixed.
- 2 Lightly grease an oven proof frypan or glass dish with oil and fill with egg mixture. Set sliced tomato on top of the egg mixture. Season with salt and pepper. Bake in the oven for 40 minutes.
- 3 Remove from oven and slice into servings with a pizza cutter. Serve with leftover spinach and tomatoes on the side. Enjoy!