



Immune boosting recipes by

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Frittata triangles

Ingredients

75g broccoli florets

4 eggs, beaten

3 spring onions, finely sliced

100g Piccolo tomatoes, chopped

2 tbsp fresh basil, chopped

30g parmesan, grated



Method

1. Preheat the oven to 160C Fan
2. Line a 20cm square tin with non-stick paper.
3. Steam the broccoli for 4 minutes, then chop into small pieces. Beat the eggs in a large bowl, add the onions and tomatoes, basil, broccoli and parmesan. Mix well. Pour into the tin.
4. Bake in the oven for 15 to 20 minutes until set.
5. Cool, then slice into small triangles.