Frittata

3 eggs

30 mL milk

60-80 mL of mix-ins (onion, peppers, cheese, garlic, and anything else you may like)

Salt and Pepper

Preheat oven to 350F.

Mix eggs and milk together.

Spray muffin tins with oil spray (you will only need to spray 4-5 depending on how many people are in your unit).

Divide the mix-ins between the muffin tins.

Pour into individual muffin tins and bake for 20 minutes.