

Treasure Barrel

Effortless 1-Hour Brunch Party For Your Guests

20 min Prep time	**40 min** Cook time	**1 h** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Savory Spinach & Cheese Frittata

- [ ] 8 large eggs
- [ ] 1/4 cup whole milk or cream
- [ ] 1 tablespoon olive oil
- [ ] 1 small onion, diced
- [ ] 1 red bell pepper, diced
- [ ] 2 cloves garlic, minced
- [ ] 4 cups fresh spinach, roughly chopped
- [ ] 1 cup shredded cheese (like cheddar and mozzarella blend)
- [ ] 1/2 teaspoon salt
- [ ] 1/4 teaspoon black pepper
- [ ] 2 tablespoons fresh parsley, chopped

For the Simple Banana Muffins

- [ ] 1 ½ cups all-purpose flour
- [ ] 1 teaspoon baking soda
- [ ] 1/2 teaspoon salt
- [ ] 1/2 teaspoon cinnamon
- [ ] 3 very ripe bananas, mashed
- [ ] 1/2 cup Greek yogurt
- [ ] 1/2 cup brown sugar
- [ ] 1/4 cup melted butter or neutral oil
- [ ] 1 teaspoon vanilla extract
- [ ] 1 large egg

For Serving

- [ ] Fresh berries or fruit salad
- [ ] Maple syrup
- [ ] Butter
- [ ] Coffee, tea, or orange juice

Instructions

1. Preheat your oven to 375°F (190°C). This is our magic temperature for both dishes. In a medium bowl, whisk together the flour, baking soda, salt, and cinnamon for the muffins. In a larger bowl, mash the bananas until mostly smooth. Then, whisk in the Greek yogurt, brown sugar, melted butter, vanilla, and the egg until just combined.

2. Now, pour the dry muffin ingredients into the wet. Use a spatula to fold them together. Stop as soon as you no longer see dry flour streaks. A few lumps are good. Honestly, overmixing is the enemy of tender muffins. Divide the batter evenly among a lined or greased 12-cup muffin tin. Pop it in the oven. They'll need about 18-22 minutes.

3. While the muffins bake, start the frittata. Heat the olive oil in a 10-inch oven-safe skillet over medium heat. Add the onion and bell pepper and cook for 5-6 minutes, until they start to soften. Add the garlic and cook for another minute until it smells amazing. Then, add the spinach in handfuls, stirring until it wilts down.

4. In a bowl, whisk the eggs, milk, salt, and pepper. Spread the cooked veggies evenly in the skillet. Pour the egg mixture over top. Sprinkle with the shredded cheese. Let it cook on the stove for about 3-4 minutes, just until the edges start to set. Then, carefully transfer the skillet to the oven.

5. Bake the frittata for 15-18 minutes, until the center is puffed and set, and the top is golden. By now, your muffins should be done too—a toothpick inserted should come out clean. Take them out and let them cool in the tin for a few minutes. Let the frittata rest in the skillet for 5 minutes before slicing.

6. Time to serve. Run a knife around the frittata and slice it into wedges. Place the muffins on a plate. Arrange everything on the table with the fresh fruit, syrup, and butter. Take a deep breath. You did it. Now, pour yourself a cup of coffee and enjoy your guests.

Nutrition per serving

420 kcal	18 g	48 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- The frittata is also delicious at room temperature, making it great for a buffet.
- Leftover muffins can be frozen for up to 3 months. Thaw at room temperature or warm gently in the oven.
- For a moist and delicious variation, add a handful of chocolate chips or nuts to the muffin batter.