



Eat Well. Live Well.

www.AwareHouseChef.com

CONTACT

Hellenic Restaurant:
631 477-0138
www.TheHellenic.com

My Favorite Frittata

2 Year supply

12 Large Organic Eggs

¾ cup Organic Feta

¼ stick [KerryGold® Butter](#)

2 tsp. [Celtic Sea Salt](#)

¼ tsp [Organic Fresh Ground Black Pepper](#)

1 ½ tsp. [Organic Herb De Provence](#)

1 ½ cup diced Organic Tomatoes

2 Cups Organic Baby Spinach

5 Organic Mushroom Buttons

4 Slices Havarti Cheese

preparation instruction, watch the video on YouTube:

[Easy, Quick and Healthy Breakfast Frittata - Gluten Free!](#)

[Youtube.com/AwareHouseChef](https://www.youtube.com/AwareHouseChef)

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