

Healthy NuttZo Cinnamon Banana Frittata Recipe

Description

Remember that [frittata recipe I never made](#)? It had NuttZo, cinnamon, and a ripe banana combined with eggs to make a sweet and satisfyingly healthy frittata.

Well, I made it, and it was just as delicious as I imagined. If not better! As usual, my recipe tester approved!



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I tried giving her a bottle of milk to wash it down, but she quickly handed it right back and demanded more [NuttZo](#) banana frittata.



Since Avery is my boss, I obliged. Extra NuttZo on top just for brownie Daddy points.



And then it disappeared into a happy (and healthy) belly.



Want a happy and healthy belly full of this NuttZo Cinnamon Banana Frittata for yourself? Hereâ€™s what you do!.

Whisk 2 eggs, 1-2 tablespoons NuttZo of choice, lots and lots of cinnamon, and 3 tablespoons unsweetened vanilla almond milk or milk of choice. If you want extra sweetness, add a few drops of vanilla or regular liquid stevia, a packet of stevia, or a tablespoon of honey.



Slice a ripe medium-sized banana into 1/4 inch circles.



Saute banana slices in grass-fed butter or coconut oil on a skillet over med-high heat until they caramelize on both sides.



If you’ve never tried sauteed banana, you *must* steal a bite! After stealing a bite, pour egg mixture evenly over the banana slices.



Allow to set a couple minutes. Lift the sides with a spatula to let the middle drain under and cook.



After 4 or 5 minutes of this, finish your delicious dish off in a preheated 425Â°F oven for another 2 â€“ 3 minutes or until you see the middle is cooked.



Remove from oven and let cool 10 minutes before attempting to remove from skillet. I know, itâ€™s hard. Have a scoop of NuttZo while you wait.

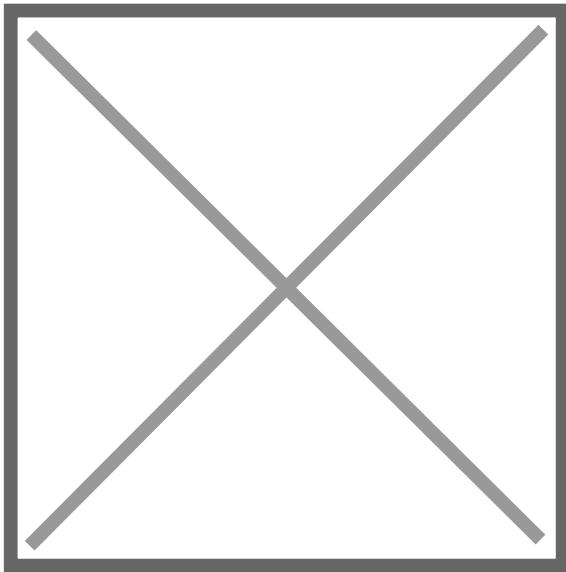


Once cooled, place frittata on a cutting board and cut into triangles just like a dessert pizza. Serve with more NuttZo as icing on the top and keep the resulting grin on your face all day!



The cool thing about any frittata is that they are good hot or cold, so itâ€™s perfect to grab and go if you need. I recommend making time to sit and savor this one at home if you can though!

Healthy NuttZo Cinnamon Banana Frittata



by RC Liley

Prep Time: 5 Minutes

Cook Time: 10 Minutes

Keywords: saute breakfast dessert snack nuttzo

Ingredients (Serves 2)

- 2 Whole Eggs
- 3 T Unsweetened Almond (or other) Milk
- 1 â€“ 2 T NuttZo
- Lots of cinnamon
- Optional: packet of stevia or tablespoon of honey for extra sweetness
- Dash of sea salt

- 1 ripe medium banana
- 2 tsp grass-fed butter or organic coconut oil

Instructions

Pre-heat oven to 425 F

Whisk eggs, NuttZo, cinnamon, milk, sea salt, and optional sweetener until well combined.

Slice banana into 1/4 inch circles

Add butter or oil to small oven-proof skillet on med-high heat and swirl to coat

Saute banana slices until caramelized on both sides; about 3 minutes

Pour egg mixture evenly over banana circles and let set 2 – 3 minutes

Lift edges on side and tilt skillet to allow liquid in the middle to drain underneath and cook

After 2 more minutes, finish off by putting on the middle rack of your pre-heated oven for about 3 minutes or until eggs are set in the middle

Remove and let cool for 10 minutes before cutting into wedges and having a delicious treat the whole family will love

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Have a great weekend and MAKE. THIS. NOW!

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