

Mediterranean Breakfast Casserole

A fresh, healthy, crowd-pleasing brunch for Mother's Day

Ingredients

- 12 large eggs
- ¼ cup milk (or unsweetened almond milk)
- 1 medium zucchini, diced
- 1 bell pepper, diced (any color)
- 1 cup cherry tomatoes, halved
- 2 cups fresh spinach
- ⅓ cup sun-dried tomatoes, chopped
- ½ cup crumbled feta cheese
- ⅓ cup Kalamata olives, sliced
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon dried oregano (or Italian seasoning)
- Optional: fresh parsley or basil for garnish

Instructions

1. **Preheat oven** to 375°F. Lightly grease a 9x13-inch baking dish.
2. **Sauté the veggies:**
Heat olive oil in a skillet over medium heat. Add garlic, zucchini, and bell pepper. Cook for 4–5 minutes until slightly softened.
3. **Add remaining vegetables:**
Stir in cherry tomatoes, spinach, and sun-dried tomatoes. Cook until spinach is wilted. Remove from heat.
4. **Whisk eggs:**
In a large bowl, whisk together eggs, milk, salt, pepper, and oregano.
5. **Assemble:**
Spread the sautéed vegetables evenly in the baking dish. Pour egg mixture over the top. Sprinkle with feta cheese and olives.
6. **Bake:**
Bake for 35–40 minutes, or until eggs are set and the top is lightly golden.
7. **Serve:**
Let cool for 5–10 minutes. Garnish with fresh herbs if desired. Slice and serve warm.



Iced Vanilla Latte Recipe

Cooking Time: *10 Minutes*

Servings: *1 Glass*

Ingredients:

- 1 shot of espresso
- 1/2–3/4 cup milk
- 1–2 tsp vanilla syrup
- Ice cubes

Instructions:

- Fill a glass with ice.
- Add vanilla syrup and espresso
- Pour in cold milk.
- Stir well and enjoy!

*Cool, creamy, and
full of vanilla flavor*

