



# GUT-HEALTHY

from Martha Carlin's Kitchen

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## Spring Greens Frittata with Asparagus, Leeks & Goat Cheese

### Ingredients:

- 8 pasture-raised eggs
- 1 cup chopped fresh asparagus
- 1 small leek, thinly sliced
- 1 handful spinach or arugula
- ½ cup goat cheese
- Salt, pepper, fresh thyme
- Olive oil or ghee

1. Preheat oven to 375°F.
2. Sauté leeks in olive oil until soft. Add asparagus; cook 2–3 minutes. Add greens.
3. Whisk eggs with salt, pepper, and herbs.
4. Pour over veggies in oven-safe skillet. Dot with goat cheese.
5. Bake 12–15 minutes or until just set.

**. Happy gut. Happy life!**

With gratitude,

*Martha*

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