



Eggs that your Eyes Love

Eggs & Veggies Combos

- **Chicken or duck eggs** fried at low temperature (so that the yolk is still liquid, to preserve nutrients)
- Use **heat stable fat** such as: coconut oil, or grass-fed ghee, beef tallow, duck fat, butter (if milk protein is tolerated)
- Optional: add onions and/ or garlic
- **Veggies** of your choice: try asparagus, broccoli, zucchini, bell pepper, tomato, onions, garlic, chives, olives, artichokes, etc.
- Optional: superfood **mushrooms** like shitake, crimini, portabello (mushrooms need to be organic because they collect toxins and they need to be steamed/ cooked because of their own plant toxins)
- Add **greens** towards the end for a slight steam: spinach, kale, chard, beet greens, collard, bok choy, cilantro etc.
- **Spices**: sea salt, black pepper, rosemary, basil, tarragon, dill, cumin, etc.
- Suggested: **Seaweed** for detox and energy, extra minerals, chlorophyll, B vitamins, essential fatty acids, amino acids, and many more nutrients! For example, seaweed sprinkles like kelp, dulse, sea-veg blend, or sprinkle a tiny bit of chlorella and spirulina powder on top (not too much to not spoil the taste!)
- Highly recommended: **Ferments**: easy and tasty way to get more enzymes and probiotics into your diet – just add a scoop of unpasteurized sauerkraut or kimchi to your meal. Goes great with the eggs!
- For more satiation and healthy fats: add **avocado and/ or olives**

Avoid potatoes and bread/toast with your eggs to for easy digestion and therefore more energy for your day!



Egg Muffins

Great as snack/lunch on the go. These keep well in the fridge for about a week.

For 12 muffins:

- 6 eggs
 - Sautéed veggies of your choice (onions, garlic, greens, chives, tomatoes, artichoke, mushrooms, etc)
 - 3 Tbsp coconut milk
 - 2 Tbsp of coconut flour
 - Spices and herbs of your choice
 - Seaweed toppings
1. Preheat oven to 350° C. Use muffin tray with 12 molds and place a muffin paper cup in each (or apply coconut oil to the muffin tray)
 2. Beat eggs together with coconut milk. Stir in veggies and seasonings.
 3. Bake for 30-35 minutes until tops turn golden.