



BREAKFAST

- Gluten-free
- Dairy-free
- Vegetarian

Savoury Egg Muffins

ANTI-INFLAMMATORY AND IMMUNE SUPPORT



Prep time: 5 mins



Cooking time: 30 minutes



Total: 35 minutes



Allergens: egg

Servings: 8



INGREDIENTS

- 6 large eggs
- 2 scallions, chopped finely
- 1 red pepper, diced
- 4 large shiitake mushrooms, sliced finely
- Small handful of spinach, roughly chopped
- 1 tbsp water (optional)
- ¼ tsp black pepper
- ¼ tsp ground turmeric
- Pinch of sea salt
- Fresh chives, chopped finely (to garnish)
- Drizzle of avocado oil

PREPARATION

1. Warm a skillet on a medium heat, add pepper, shiitake mushrooms, scallions, and drizzle with avocado oil. Sauté for approximately 5 minutes or until the vegetables are tender.
2. Preheat the oven to 200 °C (400 °F, 180 °C Fan or gas mark 4) and prepare 8 muffin holes by brushing avocado oil in the tin to ensure it is non-stick.
3. Divide sautéed vegetables evenly into 8 muffin holes and place spinach on top.
4. Whisk the eggs in a bowl adding water (only if you want a fluffier consistency), turmeric, black pepper, and sea salt as you mix.
5. Pour the egg mixture into the muffin holes and place in the oven for approximately 24 minutes.
6. Ensure the egg muffins are cooked through. Garnish with freshly chopped chives and any remaining sautéed vegetables. Enjoy while warm.

RECIPE HEALTH BENEFITS

- Eggs are an excellent source of protein. They contain Vitamin D (a vital nutrient in fighting cancer), B2, B12, and selenium.
- Good quality protein help repair/build cells and help fight off harmful pathogens.
- Shiitake mushrooms support your immune system by increasing white blood cell production and protect against cell damage. They also contain a good amount of fibre and B vitamins.
- Turmeric contains a compound called curcumin which has significant amounts of anti-inflammatory properties. Most importantly when mixed with black pepper, it increases the absorption into the body.
- Red peppers contain powerful antioxidants that protect the body against cell damage. They are rich in vitamins A, C, B6, iron and magnesium.

TIPS

- **Selecting your eggs:** Organic eggs are the best option if available as they are free from hormones and antibiotics.
- Be sure that eggs are cooked through at high temperature to ward off any potential bacteria.
- It is very important to wash your vegetables under cold running water prior to consuming. Spinach has thick leaves and a rough surface which can make it conformable home for microbes, so wash well!
- These egg muffins are very versatile and can be used with different food combinations depending on what you have in your fridge. Try swapping the mushrooms and peppers for salmon and broccoli for a completely different flavour and an extra Omega boost.

Get creative with what you have available!



These muffins contain protein, nutrients, and antioxidants in each flavourful savoury bite. It can be enjoyed as breakfast, a snack, or lunch with a side of avocado and sourdough toast. Eat them fresh out of the oven while still warm or wait until completely cooled and store for 2 days in an airtight container in the refrigerator.

Recipe by Gill Compton, CNM London:
Naturopathic Nutrition/NaturalChef

References

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