Gut Healthy Egg Muffins with Kimchi and Veggies

Servings: 12 Muffins

Time: 30 min

Ingredients:

- 10 large eggs
- 3/4 cup milk
- 1 tsp avocado oil
- 6 large scallions (1 cup chopped)
- 8 ounces of shitake mushrooms (sliced)
- 1/2 cup kimchi (chopped, plus more for serving)
- 1 tsp kimchi liquid
- 5 ounces baby spinach
- 1/4 tsp sea salt
- 1/8 tsp black pepper
- 1/2 cup of broccoli sprouts (for serving)
- Hot sauce (for serving)

Instructions

- Prepare a 12 cup muffin tin with either silicone muffin cups or by spraying generously with avocado oil.
- In a large bowl whisk together eggs with milk of choice and season with a generous pinch of salt and black pepper
- Dice scallions, kimchi, and slice shitake mushrooms.
- In a large skillet over medium heat saute scallions in avocado oil until lightly browned. Add shitake mushrooms, saute until tender. Add kimchi, kimchi liquid and spinach. Cook until spinach is just wilted about 30 seconds. The entire saute should take about 4 minutes.
- Add veggies to muffin cups and pour egg mixture over veggies until muffin cups are full and egg mixture is evenly distributed.
- Bake in a 350° oven for 20-25 minutes or until eggs are set and no longer jiggle.
- Cool on a wire rack.
- Top with broccoli sprouts and kimchi (eating kimchi raw preserves probiotic content). Consume with hot sauce if preferred.

How are these ingredients keeping me nourished?

- Fermented foods like kimchi and high-fiber foods like spinach, mushroom and broccoli sprouts help nourish your gut microbiome.
- Choline which is found in eggs, is great for neurological health.
- Antioxidants found in these plant-based foods help fight "Damage" in the brain and body.

Serving: 3 muffins | Calories: 250 kcal | Carbohydrates: 12g | Protein: 18g | Fat: 15g |

Variations; to support...

Dairy free:
Use any type of milk substitute!

Aversion to kimchi or other vegetable:
Feel free to substitute with any other leafy green like kale or collard greens!

For more fiber & protein:
Pair with a whole grain bread!

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