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REMAKE YOUR BREAKFAST THE ANTI-INFLAMMATORY WAY

Causes of Inflammation in Your Breakfast

Typical traditional breakfast foods, such as cereal, breads, bagels and pastries cause an inflammatory response in the body.

These foods contain high levels of phytic acid, which due to the high levels of consumption in the Standard American Diet, can result in deficiencies of minerals such as calcium, iron, magnesium and zinc.

These grains also contain gluten which is a “foreign protein” to the body, a thyroid-inhibitor, and a common source of allergies and inflammation.

Chronic carbohydrate consumption depletes serotonin stores and the B vitamins needed to convert amino acids into important neurotransmitters.



Frittata Recipe

12 large free-range organic eggs
½ cup organic coconut milk
½ teaspoon sea salt, or more to taste
2 tablespoons organic coconut oil
1 small red onion, finely chopped
½ cup sautéed mushrooms
½ tsp ground turmeric
1 cup organic spinach
1 organic avocado



Preparation

1. Preheat oven to 375°F degrees.
2. Whisk the eggs and coconut milk with 2 pinches of salt. Set aside.
3. Prepare pan with coconut oil and medium-high heat and sauté onions until translucent, about 3 minutes. Add mushroom and turmeric and sauté until soft. Toss in spinach and fold into veggie mixture just until wilted. Remove vegetables from pan; set aside.
4. Turn down the heat to low, adding a little more coconut oil if needed. Using the same skillet, add the eggs, shaking to distribute the mixture evenly. Cook over medium-low heat for 5 minutes using a spatula to spread the eggs from the edges to the center until the edges are no longer runny. Arrange the vegetable mixture over the top evenly.
5. Transfer to the oven and cook for 5 minutes until set and slightly browned. Remove from oven. Be very aware of the hot handle! To finish, slide partially cooked frittata onto a large plate; wearing oven mitts, place a plate over the pan and, holding the two together, invert them so the frittata drops onto the plate. Slide the frittata back into the pan so partially cooked side is up. Place back in oven to cook 3-4 minutes more. Serve with avocado slices.

Nutrients to Reduce Inflammation

- Leafy green vegetables, such as spinach and kale, are high in antioxidant vitamins C, A and K.
- Beets contain antioxidants as well as inflammation-fighting potassium and magnesium.
- Broccoli is an antioxidant powerhouse, with key vitamins, flavonoids and carotenoids that work together to lower oxidative stress and chronic inflammation.
- Blueberries contain the antioxidant quercetin, which fights inflammation.
- Omega 3 Fatty Acids are some of the most potent anti-inflammatory substances. They are found in fatty fish such as salmon, avocados, chia and flax seeds, walnuts and pastured eggs.
- Bone broth contains glucosamine, which reduces inflammation.
- Coconut oil contains high levels of antioxidants and is the perfect oil for cooking because it's heat stable.
- Turmeric has high anti-inflammatory properties and can be juiced or used as a spice to flavor cooking.
- Ginger root is an immune system modulator and helps to reduce inflammation in the body.