

EASY EGG FOO YOUNG

By Nina Lynn



Ingredients:

- 8 organic eggs
- 1 cup shredded organic string beans
- 1 cup shredded organic celery
- 1 1/2 cup shredded organic chicken
- 1 cup sliced organic mushrooms
- 1 cup shredded organic onions
- 1 tbs. coconut oil
- sea salt and pepper to taste

DIRECTIONS:

Place all ingredients in a mixing bowl, mix thoroughly and divide into 8 portions. Using the coconut oil and a hot skillet, fry both sides until done.

Organic eggs are loaded with high quality protein and the fat soluble vitamins A & D. The egg yolk is one of the best food sources known for choline, a B vitamin which helps keep the cholesterol moving in the blood stream. Also the omega 3 to 6 ratio found in eggs from pasture fed hens is nearly a 1 to 1 ratio, about as good as you can get for human consumption. The chicken also provides protein, and the vegetables are all real carbohydrates and high in fiber. Remember, coconut oil is the only oil that will withstand high heat cooking. It is also burned for energy by the body and will boost your thyroid function.