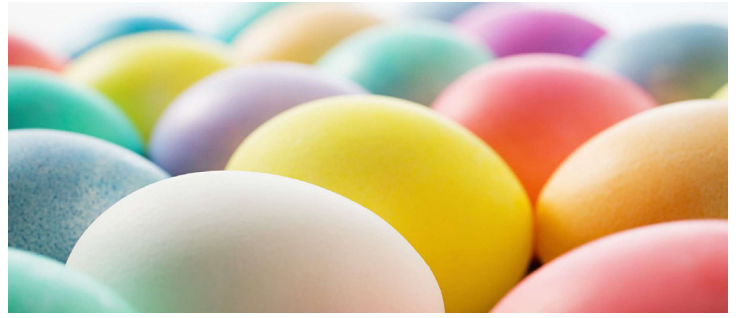


# healthy HOME



## Put Your Hard-boiled Easter Eggs To Healthy Use.

This year, instead of letting your hard-boiled Easter eggs go to waste, how about turning them into healthy, scrumptious, anti-inflammatory, Paleo-inspired egg salads and egg salad spreads?

Sound good? Well guess what, there's more. All of the salads and spreads that you're about to learn are also free of artificial ingredients, glutes, sugars, and unhealthy fats and they're all packed with super clean, body and brain boosting whole food ingredients, fresh herbs, delicious spices, and plenty of the super yummy anti-inflammatory good-for-you fats.

So, please don't leave those Easter eggs out for not – and certainly don't trash them – but do stick around with me and explore how darn easy it is to get inventive with one of the world's most perfect superfoods. You'll be pleasantly surprised how wonderful it feels and tastes to nourish your body with anti-inflammatory and satiating ingredients and how gratifying it really is to finally put your seasonal colored eggs to healing use.

In my search for delicious health boosting recipes calling for hard-boiled eggs and free of any inflammatory ingredients, I found out, quite early on, there really weren't any. Traditional hard-boiled egg recipes, like deviled eggs, mayo-rich egg salads, and mashed egg and cheese toast spreads, called for processed or artificial fats, sugars or high fructose flavored dressings, processed dairy products, or for gluten dense breads, bread crumbs, or highly refined grains. All of which I wouldn't put in my body and all of which I wouldn't recommend to you.

Because of this, I set out to find the healthiest alternatives and to develop my own recipes. I started by gleaning through my library of cookbooks, marking my favorite "go-to" anti-inflammatory favorites, like sardine salad, salmon spread, and broccoli tofu curry, to get my creative juices going. I also took a few trips to town and explored the natural health markets to see if any new products were available.

Of course, I was in my total bliss while doing all of this and extra excited about sitting down to draft out my ideas, piece new recipes together, create my shopping list, and get to the very best part – the testing and the tasting.

When I finally made up my mind and had an idea of the recipes I wanted to share, I drafted out my guidelines...

*"All of the recipes had to decrease inflammation, increase energy, help the body burn fat with healthy fats,*

*and be 100% sugar-free.”*

I also made sure the recipes would be quick, inexpensive, and something that the kiddos would enjoy.

I found a fabulous herbs de Provence, coconut manna, and veggie egg salad spread, a curried egg and avocado salad (that can be layered on crisp leaves of radicchio and endive), and a simple pine nut, basil, and ghee “pesto” egg salad to dollop over Ben’s favorite carbohydrate free Shiritake kelp noodles.

Actually, all of the recipes are delicious “stand alone” as a salad, served with crisp veggies as a dip, stuffed into roasted peppers, spread over celery, rolled up in nori, or loaded into any kind of green leaf available. They also taste really good over Ben’s low-carb keto- friendly Shiritake kelp noodles and over freshly spiraled zucchini noodles.

And, as you’ll soon find out, none of the recipes call for mayo – which may sound shocking, but they do call for better fats like coconut manna, MCT oil, coconut oil, olive oil, and ghee. These fats are healthy and actually decrease the inflammatory process within the body.

But, if you desire a more mayo like flavor, you can replace the fats used with Vegannaise or make your own mayo. Remember, commercial varieties of mayonnaise, like those purchased in the grocery store, are usually loaded with refined vegetable oils that cause inflammation. Try to avoid such products at all costs – there are always better alternatives. Believe me, your joints will thank you for making the empowered “better for you” choice.

*Let’s put your hard-boiled superfood eggs to good use and get a crackin’...*

### French inspired herbs de Provence, coconut manna, and veggie egg salad spread

#### Ingredients:

- 2 teaspoons Herbs de Provence
- 1 dash sea salt
- 6 hard-boiled eggs, peeled and chopped
- 2 Tablespoons Coconut Manna
- 1 Tablespoon ghee
- 1 cup fresh finely chopped vegetables (celery, cucumber, scallion, tomato, broccoli, cauliflower, and chive mix)
- White or black pepper to taste
- 1 teaspoon apple cider vinegar
- 1/2 cup finely chopped unsalted raw nuts and seeds (cashew, almond, sunflower, and poppy work great)

#### Directions:

- Soften the coconut manna and ghee and, after softened, combine all ingredients in a large metal or wooden bowl.
- Gently combine, with a spoon or fork, until all ingredients are married.

- Serve over a bed of mixed greens, spread over nori crisps, use as a dip with kale chips, or stuff into roasted peppers.

Enjoy the delicious hint of lavender from the herbs de Provence, the creamy and nutty flavors from the coconut manna and ghee, and savor the perfect combination of the smooth “eggy” goodness and the crunchy veggie-nut deliciousness.

Curried egg and avocado salad Ingredients:

- 1 teaspoon curry powder
- 1 Tablespoon freshly diced turmeric root - 6 hard-boiled eggs, peeled and diced
- 1 Tablespoon softened coconut manna - 1 Tablespoon coconut oil or MCT oil
- 1/2 cup diced scallion and celery mix
- Salt to taste
- Pepper to taste
- 1 avocado chopped
- 1/4 cup finely chopped raw unsalted cashews

Directions:

- In a small dry skillet, toast the curry powder and finely diced turmeric root. Set to the side.
- In a large metal or wooden bowl, combine all ingredients and slowly toss until all ingredients are married.
- Add the toasted curry and turmeric mix and continue to gently combine all ingredients.
- Spoon into crisp segments of endive or radicchio, dollop over a bed of mixed greens, or serve as a snack with gluten free crisps as a curried-egg twist on guacamole.

Simple “pesto” egg salad

Ingredients:

- 2 Tablespoons pine nuts
- 1 teaspoon fresh garlic, finely chopped
- 1/2 cup fresh basil
- 6 hard-boiled eggs, peeled and diced
- 3 Tablespoons ghee
- 2 Tablespoons olive oil
- Salt to taste
- Pepper to taste
- Shiritake kelp noodles

Directions:

- Combine the pine nuts, basil, garlic, and olive oil in a blender and pulse until finely combined. This is the “pesto” component.

- In a large metal or wooden bowl, break down the ghee until smooth and combine with the egg, salt, and pepper.
- Pour the pesto over the egg mixture and gently combine until all ingredients are married.
- Open a bag of carbohydrate free shiritake noodles and drain and rinse. - Place the noodles in a bowl and top with your delectable pesto egg
- salad.
- Share and devour.

This Easter season definitely use your hard-boiled eggs to your body's benefit. I encourage you to make the delicious anti-inflammatory egg salads and egg salad spreads we learned and to go the extra mile by sharing them with your friends and family.

In this day and age, when so many people pass up on whole foods for fast and sugary foods, it's even more important to help our loved ones and our communities become informed and empowered about the healing powers certain foods – like eggs, healthy fats, and herbs - provide.

Food is thy medicine, you are truly what you eat, and what you put in your body is what fuels your body – so make it a point to think of your body as a sacred temple or a dazzling Ferrari and feed it accordingly.

Ok friends, keep eating those hardboiled egg salads and spreads and if someone ever calls you an egghead – take it as a compliment.

Peace,

Jessa