

Make this Grab and Go Breakfast in Under 10 Minutes for Your Whole Week

When you wake up to symptoms of neuropathy, the last thing you want to do is cook, right? Try baking a batch of these delicious yet simple mini quiches before your week begins, then just pop a couple in the microwave for a quick yet nutritious heat and eat meal you can feel good about. They are super simple with just eggs and veggies or herbs of your choice.

Keep in mind, though, that while eggs are nutritious, they may cause symptom flare-ups in people who are allergic or sensitive. Like any suspected allergen or sensitivity, it is advisable to remove the food from your diet for at least two weeks, then keep note of any symptoms when you add the food back into your diet. Also notice if your body reacts differently depending on how the eggs are cooked. The way eggs are cooked can reduce or exasperate a reaction. The longer an egg is exposed to heat the more the proteins change. A soft-poached egg might be tolerated better than a hard-boiled or scrambled egg.

MINI QUICHE

Makes about 12 muffins.

Ingredients

12 eggs (organic, free-range)

a little olive oil, coconut oil, avocado oil, or grass-fed butter to line the muffin tins

sea salt and pepper to taste

Vegetables

Here are some veggie combination ideas to get you started, but get creative and throw in what you have on hand. Be generous with the herbs for densely-packed phytonutrients that add a lot of flavors too.

Tomato + basil – $\frac{1}{4}$ cup chopped tomatoes, $\frac{1}{4}$ cup chopped fresh basil

Kale + garlic – $\frac{1}{2}$ cup chopped kale, 3 cloves chopped garlic

Cilantro + green onion – $\frac{1}{4}$ cup chopped cilantro, $\frac{1}{4}$ cup green onion.

Directions

1. Preheat oven to 350F. Lightly grease muffin tins with oil or butter.
2. Chop your choice of veggies
3. Whisk eggs well in a large bowl, add salt and pepper.
4. Stir in veggies
5. Pour into muffin tins.
6. Bake for 20-25 minutes, until eggs are fully cooked through.

Use Herbs Generously to Flavor Your Food and Feed Your Nerves



Herbs have been used for healing since ancient times, and current research shows our ancestors were on to something. There is plenty of evidence to believe that these early remedies possess the power to combat chronic inflammation and neutralize damaging free radicals, two worst enemies of neuropathy. But they don't stop there. Herbs are also loaded with powerful vitamins, minerals, polyphenols, bacterial defenders, and so much more.

When time is tight, take this shortcut. Simply add herbs to any meal for a quick boost of nutrients. But keep in mind that fresh is best. Dried herbs often contain molds that can activate your immune system. Live plants by a window in your kitchen make it easy to just snip and toss on foods for a boost of nutrition that both your taste buds and nerves will be happy about.