Healthy DOG EATS with dr. cos

Eggs & Muffins!

Ingredients 12 muffins

2 cups oat flour
2 teaspoons cinnamon
1 teaspoon baking soda
1/2 teaspoon arrowroot
1/2 teaspoon sea salt
3/4 cup maple syrup
3/4 cup nectarine puree
3/4 cup unsweetened applesauce
2 eggs

Topping:
1/2 pint fresh blueberries
2 tablespoons oat flour
1 teaspoon cinnamon
1 teaspoon coconut sugar

Eggs:
6 large fresh eggs
1/3 cup avocado oil divided
1 cup grape tomatoes
1 cup shitake mushrooms
5 ounces manchego cheese

Muffin Nutrition Facts

Nutrition Facts

Amount per 101 g
1 serving (3.6 oz)

Calories 157
From fat 17

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Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 1.9g	3%	**Total Carbohydrates** 33g	11%
Saturated 0.3g	2%	Dietary Fiber 3g	10%
Trans Fat 0g		Sugars 18g	
Cholesterol 0mg	0%	**Protein** 3g	6%
Sodium 208mg	9%		
Calcium 4% • **Iron** 5%		**Vitamin A** 2% • **Vitamin C** 6%	

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Instructions:
Preheat oven to 325 degrees.
Mix flour, cinnamon, baking soda, salt and arrowroot in a bowl.
Whisk maple syrup, nectarine puree, applesauce, eggs and vanilla to combine. Pour over dry ingredients and fold together lightly.
Divide batter amongst twelve muffins. Take blueberries and toss with oat flour and then divide on top of of batter. Mix remaining oat flour with cinnamon and coconut sugar and divide equally on top of muffins.
Bake for 15-18 minutes until toothpick comes out clean.

Eggs and Veggies:

Add a few tablespoons of avocado oil to pan. Place in tomatoes and mushrooms and top with another tablespoon of oil. Cover with lid to steam veggies.

In another saucepan add eggs, and a tablespoon of avocado oil. Scramble eggs with a spatula by pulling from the edges to the center. Just before fully set, remove from heat and add cheese. Eggs will continue to cook. If you desire eggs to be less moist, return to heat until desired consitency.

Oat Flour- Oats are rich in anti-inflammatory substances, antioxidants and nutrients including manganese, molybdenum, phosphorus, biotin, vitamin B1, magnesium, chromium, zinc and more. Together, these nutrients may promote relaxation and healthy immune function. (1)

Blueberries is an antiangiogenic ingredient. Blueberries also contain a phytochemical com- pound called pterostilbene. Pterostilbene is a powerful antioxidant that has been shown to contain potent cancer- fighting properties in animal studies and is especially toxic to breast cancer cells. (Adams et al., 2011; Pons, 2006). (2)

Egg- Egg yolks are one of the few foods that contain vitamin D, which helps reduce the risks of some cancers as well as heart disease and diabetes. (3) Eggs are a great source of very digestible protein, riboflavin, and selenium. For some dogs that are prone to digestive upset, eggs can give them a little protein boost. Adding eggs to your dog's food is a healthy treat. (4) It is has been stated that egg whites can cause a biotin deficiency however according to Dogs Naturally Magazine, biotin deficiencies are quite rare and it would take an extraordinary amount of eggs to create a deficiency. (5)

Maple Syrup-You may be surprised to learn that maple syrup is considered one of the world's healthiest foods. This tasty syrup comes from the sap of sugar, black or red maple trees, though more exotic syrups, like birch, are also now available.

Maple syrup contains fewer calories than honey and an even higher concentration of minerals. It offers "sweet support for your immune system". Maple syrup is an excellent source of manganese and a good source of zinc. Manganese is an essential co-factor in a number of enzymes critical to energy production and antioxidant defenses. Even superoxide dismutase requires manganese. Zinc and manganese work together to support the immune system, lessening inflammation and acting as an immuno-stimulant.(6) (7)

Tomato - Research confirms that the antioxidant lycopene, which is in tomatoes, may be more powerful than beta-carotene, alpha-carotene, and vitamin E. Lycopene is a cancer-fighting food associated with protection against certain cancers such as prostate and lung cancer. Be sure to cook the tomatoes, as this method releases the lycopene and makes it available to your body. (8)

Shitake Mushrooms- A rich source of protein, zinc, copper, thiamin, folate, selenium, iron, riboflavin, magnesium, potassium, manganese, pantothenic acid, niacin and dietary fiber. The Shiitake mushrooms are one of the world's healthiest, and it is a symbol of longevity to people in Asia. You can buy Shiitake mushrooms from a store, but you can also grow them using a log. (9)

References:

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(4)Modern Dog Magazine- https://moderndogmagazine.com/articles/10-people-foods-dogs/1896

(5)Dogs Naturally Magazine - https://www.dogsnaturallymagazine.com/feeding-your-dog-raw-eggs-good-or-bad/

(6) Sugar alternatives for Dogs https://animalwellnessmagazine.com/sugar-alternatives/

(7) Maple Syrup Is A Cancer Killer, Study Suggests
http://www.greenmedinfo.com/blog/maple-syrup-cancer-killer-study-suggests

(8) The Anti-Cancer Diet: Foods That Prevent Cancer By Eric Metcalf, MPH Reviewed by Krystal Cascetta, MD https://www.everydayhealth.com/cancer-photos/top-foods-to-fight-cancer.aspx

(9) http://www.whfoods.com/genpage.php?dbid=122&tname=foodspice

(10) https://iheartdogs.com/the-truth-about-avocados-are-they-bad-for-dogs/