



NUTRITION CONSULTING INC.

## Salmon Muffins

*These delicious speedy muffins work great as a midday snack or paired with a tossed salad for lunch. Try doubling the batch and freezing them for a healthy snack attack.*

*Thank you to Richelle Tabelon, registered Dietitian at Health Stand Nutrition Consulting Inc., for this delicious recipe.*

### Makes 8 muffins

### What you need:

- 2 Large eggs
- 1 Tbsp butter, melted
- ½ Tbsp lemon juice
- 6 slices whole grain bread cut into cubes
- 1 – 125g can skinless boneless salmon
- 1 Green onion, sliced
- ¼ cup celery, chopped



### How you prepare:

Grease a muffin tin (8 large) and preheat oven to 350F. Beat eggs, melted butter and lemon juice together in a large bowl. Stir in bread, salmon, green onion, and celery. Spoon mixture into muffin cups about 3/4 full. Bake in preheated oven for ~20minutes.

### Per Serving:

- Calories 118
- Carbohydrates 8.9 g
- Protein 8.1 g
- Fat 5.6 g
- Dietary Fiber 1.6 g

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*Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit [www.healthstandnutrition.com](http://www.healthstandnutrition.com). Twitter @chocoholicRD.*

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