

APRIL IS ALL ABOUT EGGS!

Eggs are simply an incredible food. They are an excellent source of iron and are a nutritious source of protein, fat, Vitamins A, D, E, and B12 and choline. Eggs offer so much to our children and are at the core of a diet that will help them grow up healthy, strong and smart.

Eggs are a complete protein food. Each egg contains 6 grams of protein per serving. Proteins are the building blocks for a young body and are required for new cell generation and regeneration of cells helping kids grow bigger and stronger.

Why Eat Eggs?

- Eggs are an excellent source of lutein and Zeaxanthin, which are essential for healthy eyes.
- Eggs contain Omega-3s. Omega 3 helps in early brain development and cognitive memory. Regular consumption of eggs can help delay the onset of arthritis and heart diseases as the kids mature into adults.
- Eggs are an excellent source of Vitamin D, which is important for the bone health of growing kids.
- Eggs contain Choline which boosts parts of the brain important for learning and memory.
- Eggs contain the right balance of saturated and unsaturated fat which make it an excellent snack for growing bodies.
- Eggs contain 9 essential amino acids which help in the growth of healthy nails and hair for kids.



The colour of the shell is strictly determined by the breed of the chicken. You can usually tell what colour egg a chicken will lay by looking at her earlobe. Hens with white ears produce white eggs, hens with red ears produce brown eggs, and hens with bluish-green ears produce bluish- green eggs.

Boil it!

Add a boiled egg to a salad for extra protein.

Scramble it!

Scrambled eggs are great on their own but you can also create breakfast burritos with eggs, sausages and cheese.

Bake it!

Bake eggs as an Egg Bite or in a Frittata.

Fry it!

Fry your eggs with avocado oil or sunflower oil for the perfect sunny-side up breakfast meal.

VEGGIE EGG POPS

(recipe from incredibleegg.org)

*Makes 6 servings

Ingredients

- 3 carrots, peeled and halved lengthwise
- 1 stalk celery
- 6 hard boiled eggs, peeled
- 1/2 cup of your favourite dips (guacamole, hummus, tzatziki, ranch dressing)

Directions

- Cut carrots in half lengthwise, cut into 4" lengths
- Cut celery stalk in half lengthwise, trim into 4" lengths
- Insert celery or carrot stick into the wide end of each egg
- Dip into desired choice of dips.
- Garnish with a sprinkle of paprika or black pepper if desired
- Serve with an assorted crudité, such as red pepper sticks, steamed broccoli florets, steamed asparagus, cherry tomatoes.

EGG BITES

(recipe from Wholesome Kids Catering)

*Makes 12 bites

Ingredients

- 1 tbsp olive oil
- 16 eggs
- 1/2 cup spinach, chopped
- 1 cup shredded cheese (can substitute any kind of cheese that you prefer)
- 1/2 cup red pepper, finely diced
- 1 cup chopped turkey bacon (cooked)
- Salt & pepper to taste
- (you can also add any other veggies you like, such as onions, tomatoes)

Directions

- Preheat oven to 325F.
- Using a muffin tin, grease each egg cup with olive oil. (You can also use silicone muffin cups)
- Add whisked eggs into each egg cup (about $\frac{3}{4}$ filled to the top)
- Then add in your favourite ingredients into each cup (turkey bacon & cheese, red peppers & cheese etc)
- Bake for 15 minutes or until lightly golden.