kiwi kids’ favourite

EGG RECIPES
Method

Beat 2 eggs with 2 tablespoons low-fat milk in a microwave-safe coffee cup or bowl until yolks and white are well mixed.

Cover with plastic wrap (leave a small gap as a steam vent). Microwave on MEDIUM-HIGH for 45 seconds, stir and cook for another 45 – 75 seconds, stirring several times during cooking. Cover and let stand for 30 seconds to 1 minute before serving. The eggs will look slightly moist, but will finish cooking upon standing.

Ingredients

- 2 Eggs
- 2 Tablespoons of Trim milk
- Pinch salt
- Pinch black pepper

For more yummy recipes, how to videos and nutritional information visit eggs.org.nz
Method
Beat the eggs, milk, salt and pepper together in a bowl. Melt the butter in a fry pan. Pour in the egg mixture.
Cook over a low heat. Lift and turn the mixture with a spoon, keeping it in large soft masses.
When set, serve on hot toast and garnish with chopped fresh parsley or herbs, to your taste.

Ingredients
- 4 Eggs
- 1/2 Cup Milk
- 1 Pinch salt
- 1 Pinch black pepper
- 1 Tablespoon butter

For more yummy recipes, how to videos and nutritional information visit eggs.org.nz
Method
Put eggs in a saucepan and cover with cold water, place on the element and heat until the water starts to boil. Leave the pot on the stove. Turn the element off.

Set the timer to cook just the way you like them; As a guide, 3 – 4 minutes for runny eggs, 5 – 6 minutes for soft eggs, and 8 – 9 minutes for hard boiled eggs.

Serve in egg cups with toasted soldiers.

Ingredients
- 1 Egg per person
- Toasted soldiers to serve

For more yummy recipes, how to videos and nutritional information visit eggs.org.nz
Method
Mix 4 eggs and 4 tablespoons milk in a bowl with a pinch of cinnamon. Cut 6 – 8 thick toast slices of bread. Heat a little margarine in a non-stick frying pan over a medium heat.

Dip bread one piece at a time into the egg and milk mixture. Coat both sides well.

Cook coated bread for 2 – 3 minutes on each side – or until golden. Serve warm with fresh or tinned fruit and a spoon of yoghurt.
**Method**

Heat a frying pan with a little oil or butter. Mash the banana in a bowl. Crack the eggs into the bowl and blend with a fork.

Spoon pancake mixture into the pan. Swirl around to make a pancake.

Cook for about 2 minutes on each side or until golden brown.

Serve on their own for breakfast or as a light lunch or afternoon snack. Great with fresh or canned fruit, yoghurt or bacon.

---

**Ingredients**

- 1 Medium size ripe banana
- 2 Large eggs

---

For more yummy recipes, how to videos and nutritional information visit eggs.org.nz
**Method**

Pre heat oven to 200°C. Line the individual muffin tray cups with pastry.

Sprinkle half of the bacon onto pastry in the tray. Crack 1 egg directly into each muffin - or beat the eggs together in a jug and divide the mixture evenly between the pies. Sprinkle the remaining bacon on top of the egg. Cut rings of pastry to go on top, and brush with egg wash. Prick a few holes in the lid of each pie.

Bake for 25 minutes or until cooked.

**Ingredients**

- 12 Eggs + 1 extra to wash the pastry
- 1kg Puff pastry sheets
- 150g Bacon, chopped
- Salt & pepper
- 1/2 Teaspoon oil or butter to grease the muffin tray
Method

Preheat oven to 160°C.

Sift the cocoa powder into a mixing bowl. Melt the butter in a pan over low heat. Gradually add the butter to the cocoa powder, stirring. Whisk the mixture until smooth. Whisk the eggs and vanilla essence together until combined. Add the egg mixture to the cocoa gradually whisking until smooth. Mix the caster sugar through until well combined. Fold in the flour and stir until combined.

Put the mixture into a lined baking dish and bake for about 30 minutes until firm to the touch.

Cool and serve with fruit, ice cream or on their own.
easy lemon pie

Method
Preheat oven to 170°C.
Place all the ingredients in a processor or bowl and blend together.
Pour the batter into a 23cm pie dish.
Bake for 45 minutes or until pie is turning dark golden on top and the filling is set.
Serve hot – or cold.

Recipe Credit: Sophie Gray

Ingredients
• 4 Eggs
• 1 Cup sugar
• 100g Melted butter
• ½ Cup plain flour
• ¾ Cup coconut
• Zest of 2 lemons
• 1/3 Cup lemon juice (2 – 3 lemons, juiced)
• 1 Cup milk

For more yummy recipes, how to videos and nutritional information visit eggs.org.nz
Eggs are The Perfect Natural Whole Food and are Packed Full of Nutrients and Minerals Essential for Good Health

Eggs are nutritious, quick and tasty and have the highest nutritional quality protein of all whole food sources. They are “nature’s own healthy multivitamin” and they contain unique antioxidants and nutrients that many people are deficient in. Whole foods are foods that are closest to their natural state, including unprocessed fruit, vegetables, whole grains, eggs, whole fish, skinless poultry and lean red meat. Research shows that dietary patterns that include more whole foods result in higher nutrient intake and an increased quantity of antioxidants.

Eggs are also packed full of protein which is a vital source of energy but its main role in the body is growth and repair. It helps in the formation of muscles, hair, nails, skin and organs, such as the heart, kidneys and liver. The protein found in eggs is considered to be of the highest quality, providing the right amount and balance of amino acids to match human requirements.

For more yummy recipes, how to videos and nutritional information visit eggs.org.nz