Did you know?

BC eggs typically arrive at the store within 4-7 days of being laid. At the farm, eggs are collected daily before being placed in coolers. They are picked up by refrigerated trucks and then taken to federally licensed egg grading stations where they are refrigerated before and after grading. Once grading is complete, refrigerated trucks deliver the eggs to retail stores.

Nutritious, delicious eggs

Large eggs contain 6 grams of protein, 5 grams of fat, and 70 calories. A large egg also contains 50% of your daily requirement of vitamin B12.

Visit www.bcegg.com for more recipe ideas.

BC egg

BREAKFAST EGGS IN A MUG

INGREDIENTS

2 eggs
2 tbsp milk
Pinch of Italian seasoning
2 tbsp shredded cheese
Salt and pepper to taste

In a microwave-safe mug, beat together eggs, milk and seasoning. Cover with plastic wrap (poke a hole in the wrap for a vent) and microwave on high for 1-1 ½ minutes. Peel back plastic wrap, stir and sprinkle with cheese. Place the plastic wrap back on the eggs and let it stand for 1 minute to allow the cheese to melt. Enjoy!