

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 6.5 grams of protein, 5 grams of fat, and 80 calories. A large egg also contains 50% of your daily requirement of vitamin B12.

**Visit www.bcegg.com
for more recipe ideas.**

BC
egg

COCONUT LIME MOUSSE

SERVINGS 6 PREP TIME 30 MINUTES COOK TIME 90 MINUTES

INGREDIENTS

4 large eggs separated
90 g sugar
1 cup coconut cream
1/2 cup coconut milk
1/2 cup lime juice
1 tbsp lime zest
1/8 tsp salt
7 g gelatin
1/4 cup hot water

INSTRUCTIONS

1. Place the coconut cream and coconut milk in a high-speed blender (e.g. Vitamix) along with the egg yolks, sugar, lime juice, and lime zest. Start the blender at the lowest speed and gradually increase it until it's running at the highest setting. Run the blender at high speed for 4 minutes before turning it off and allowing the mixture to cool substantially (it should be near room temperature or lower before stirring in the egg whites).
2. In a separate large, non-reactive bowl, combine egg whites with a pinch of salt and whisk to stiff peaks.
3. Gently fold the whipped egg whites into the coconut/egg/lime mixture until just combined.
4. Dissolve gelatin in 1/4 cup of hot water, then gently whisk this into the coconut/egg/lime mixture. Stir until the gelatin is well mixed in, but take care not to over-stir and deflate the whipped egg whites.
5. Pour the mousse into individual bowls or glasses and chill for at least 2 hours. Garnish with toasted coconut, yogurt (vanilla is good), fresh fruit, etc. For added texture and depth, serve with a good quality granola.

Full recipe available at
www.diversivore.com



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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!