

Eggs

Natural Protein

Looking for some fun
family egg activities?
Join us at
Eggstravaganza
September 28
at the
Farm and Food
Discovery Centre



Chocolate Banana Bread

4 eggs
 2 cups (500 mL) milk
 1 cup (250 mL) sugar
 1 tablespoon (15 mL) vanilla extract
 6 cups (220 g) bread, cut into cubes, divided
 2 bananas sliced
 ½ cup (170 g) chocolate chips

Chocolate Drizzle

¼ cup (50 mL) chocolate chips for drizzle topping
 1 ½ tsp (7 mL) oil

Preheat oven to 350°F (175° C). Grease an 8 x 8-inch (20 x 20 cm) pan. In a large mixing bowl, mix eggs, milk, sugar and vanilla until smooth. In the prepared pan, layer half the bread, then the banana slices and ¼ cup (50 mL) of the chocolate chips. Top with remaining bread cubes and sprinkle the remaining chocolate chips over top. Pour egg mixture over bread layers. Let rest 10 – 15 minutes for bread to soak up egg mixture. Bake in preheated oven for 1 hour, or until a knife inserted in the centre comes out clean.

In a small bowl, microwave ¼ cup (50 mL) chocolate chips and oil for 20 second intervals, stirring at each interval until chocolate has melted. Drizzle over top.

Makes 9 servings.

Apple Pancake

(image on previous page)

2 medium apples
 2-3 tbsp (30-45 mL) butter
 ¼ cup (50 mL) all-purpose flour
 ¼ cup (50 mL) whole-wheat flour
 ½ tsp (1 mL) salt
 ¼ cup (50 mL) evaporated 2% milk
 3 egg yolks
 2 tbsp (25 mL) cooled, melted butter
 3 egg whites, at room temperature
 Pinch (0.5mL) of cream of tartar
 Pinch (0.5mL) of salt
 1 tbsp (15 mL) sugar
 2 tsp (10 mL) butter

Cinnamon to garnish (not included in recipe analysis)

Syrup or icing sugar, if desired (not included in recipe analysis)

Preheat oven to 350°F (180°C). Cut apples in wedges and core. In a 10" oven-proof frying pan, sauté apples in 2-3 tbsp (30-45 mL) butter until lightly browned; remove from pan and set aside. Combine flour, salt and evaporated milk in a mixing bowl. Beat in egg yolks, one at a time; add melted butter. In another bowl, beat egg whites with cream of tartar and pinch of salt until they hold soft peaks; beat in sugar and continue beating until whites hold stiff peaks. Fold into batter using rubber spatula. Heat 2 tsp (10 mL) butter in the frying pan. Remove from heat and pour batter into pan. Arrange apple wedges over batter. Bake at 350°F (180°C) until pancake is set, about 20 minutes. Add syrup or icing sugar if desired.

Makes 4 servings.

For nutrient analysis visit eggs.mb.ca

Eggs

Locally produced

The eggs available in Manitoba grocery stores are produced by local egg farmers like the Dyck family from Springstein, Manitoba.

Regulated egg farmers meet high standards in food safety and animal care.

Crack Open the Goodness

Eggs are one of nature's most nutritious foods. They are an excellent source of protein and contain 14 vitamins and minerals.



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