

Eggs



The highest quality protein



Kentucky Scramble *(image on previous page)*

- 1 tbsp (15 mL) butter
- 1 medium sweet red pepper, coarsely chopped
- 1 medium green pepper, coarsely chopped
- ½ pkg (4 oz/125 g) cream cheese, softened
- 4 strips cooked bacon, crumbled
- 1 can (7 oz/198 mL) whole kernel corn, drained
- 6 eggs
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) pepper

Melt butter in large frying pan over medium heat. Add peppers and sauté until tender, about 3 to 5 minutes. Stir in cream cheese, bacon and corn, mixing thoroughly. In medium mixing bowl, beat eggs with salt and pepper. Add to cream cheese mixture. Cook over low heat, lifting and stirring slowly until eggs are completely set. Serve immediately.

Makes 4 servings.

Power Muffins

- 2 ½ cups (625 mL) bran buds
- ¼ cup (50 mL) flax
- 2 cups (500 mL) 1% milk
- ¼ cup (50 mL) molasses
- 2 eggs
- 1 can (14 oz/398 mL) pure pumpkin
- 1 cup (250 mL) brown sugar
- 1 cup (250 mL) all-purpose flour
- 1 cup (250 mL) whole-wheat flour
- 2 tsp (10 mL) baking powder
- 2 tsp (10 mL) baking soda
- 1 tsp (5 mL) cinnamon
- Pinch of salt

Preheat oven to 350°F (175°C). In a large bowl combine bran buds, flax and milk. Set aside for 10 minutes. Add sugar to that mixture. Add eggs one at a time, beating well after each addition. Add molasses and pumpkin. Mix together and set aside.

In a separate bowl, mix together flour, baking powder, baking soda, cinnamon and salt. Add dry ingredients to pumpkin mixture and stir until moist. Spoon in to 18 prepared muffin cups and bake for 20 to 25 minutes. Sprinkle flax seeds on top if desired.

Makes 18 servings.

Tip: *If desired, add nuts, seeds or dried fruit*



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