

BREAKFAST EGG BOXES

Dawn Jackson Blatner, RDN in partnership with Egglard's Best



Prep Time: 10 minutes



Cook Time: 10 minutes



Ingredients:

- 5 Egglard's Best eggs
- 5 whole grain English muffin halves, toasted
- 2.5 cups grapes
- 5 ounces cheese, cut into cubes

Instructions:

1. Add Egglard's Best eggs to a pot of water and bring to a boil.
2. Reduce heat, simmer for 10 minutes and remove eggs.
3. Put eggs into a bowl of ice-cold water for 2 minutes, peel and cut each in half.
4. Evenly split all the ingredients between 5 containers.
5. Cover containers and store in fridge for up to 5 days.

Allergy Info: vegetarian, no added sugar, whole grain

NUTRITION FACTS

Serving size: 1 breakfast box

Total Servings: 5 breakfast boxes

Calories: 310

Total Fat: 14g

Saturated Fat: 7g

Trans Fat: 0g

Cholesterol: 205mg

Sodium: 310mg

Carbohydrate: 29g

Dietary Fiber: 1g

Added Sugar: 0g

Protein: 18g

MIX THINGS UP!

Try other Breakfast Egg Box variations such as hard boiled EB egg + whole grain toast + orange wedges + almonds OR hard boiled EB egg + whole grain frozen waffle + strawberries + nut butter.

OATMEAL SNACK BARS

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Prep Time: 5 minutes



Cook Time: 25 minutes

Ingredients:

- 2 Egglard's Best eggs
- 1 mashed ripe banana (about 1/2 cup)
- 1/4 cup maple syrup
- 1 teaspoon vanilla extract
- 2 cups rolled oats
- 1/2 cup almond flour (or whole wheat flour)
- 1/4 cup mini dark chocolate chips
- 1 teaspoon baking powder
- 1/2 teaspoon sea salt
- 1/2 teaspoon cinnamon



Allergy Info: vegetarian, dairy-free, whole grain

Instructions:

1. Preheat oven to 350 degrees F.
2. In a bowl, whisk Egglard's Best eggs, mashed banana, maple syrup & vanilla.
3. In another bowl, mix together oats, flour, chocolate chips, baking powder, salt & cinnamon.
4. Add the egg mixture (wet ingredients) to the oat mixture (dry ingredients) and stir.
5. Spread batter into an 8x8 baking pan lined with parchment paper.
6. Bake for about 25 minutes, or until set in middle and golden around edges.
7. Let cool and cut into 16 squares.

NUTRITION FACTS

Serving size: 1 snack bar

Calories:	100
Total Fat:	4.5g
Saturated Fat:	1.5g
Trans Fat:	0g
Cholesterol:	20mg
Sodium:	110mg
Carbohydrate:	14g
Dietary Fiber:	2g
Added Sugar:	3g
Protein:	3g