



eggs for kids



Egg Sandwich - Cook egg in a skillet. Top with shredded cheddar cheese. Serve on toast.

Egg Salad and Crackers - Remove shell from hard cooked eggs. Mix eggs with low fat mayonnaise, salt and pepper. Serve on crackers!

Peel and Eat Eggs - Hard cooked eggs are the perfect snack - just peel off the shell and eat! A great source of protein!

Egg Burrito - Layer scrambled eggs and chopped ham on a tortilla. Roll up and eat.



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