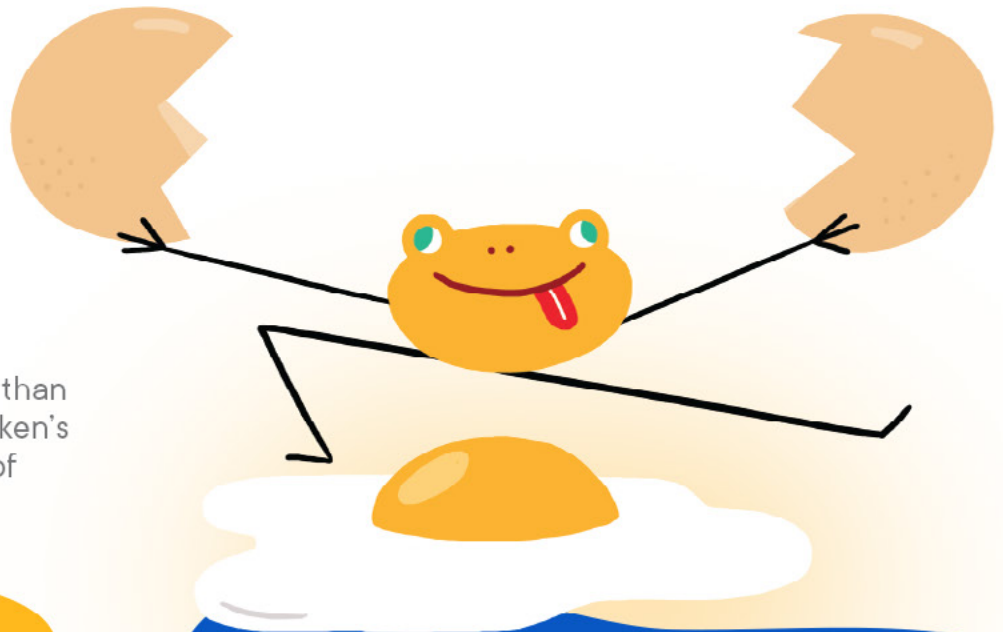


EGGS



Did you know?

Brown eggs are NOT more nutritious than white ones. It's the colour of the chicken's feathers that determines the colour of the eggs.

Choosing them

Choose fresh eggs whose shells are not split or cracking.

Good to know!

As soon as your baby is **6 months old**, you can give him or her whole, well-cooked eggs.



Why we like them

Eggs are used in many recipes. They are **simple and quick to prepare** to make a meal that's rich in protein.

5 ways to use them

- Make an **omelette** or **frittata**, adding your least-fresh vegetables.
- An **egg sandwich** is an excellent quick meal.
- Eggs are used in most **muffin** and **cake** recipes, including blueberry and chocolate.
- To make delicious **French toast**, soak slices of bread in a mixture of beaten egg and a little milk for a few minutes. Then fry in a pan.
- If you're looking for a new way to serve eggs, cook them in tomato sauce to make delicious **shakshouka!**

Tip to reduce waste

If you're worried about not using your eggs before the "best before" date, just **freeze them!** Simply beat the eggs lightly, place in a closed container and freeze.

Storing them

Fresh eggs should always be kept in the **refrigerator** in their original container. They will keep until the date indicated on the package.