

EGG-PRO TIPS AND SERVING SUGGESTIONS

Tips for Using Egg-Pro Powder

- Egg-Pro egg white powder may be blended with other dry ingredients.
- All dried eggs work better when the powder is at room temperature or above 18°C.
- Water should be added after all dry ingredients are blended together.
- Egg-Pro may be reconstituted prior to mixing with other ingredients if so desired.
To reconstitute Egg-Pro, combine One (1) Part Egg-Pro to Seven (7) parts Water.

Egg-Pro Serving Suggestions

Item	Directions
Scrambled Eggs	Mix Egg-Pro powder with eggs before cooking. You can also reconstitute Egg-Pro and scramble it with a fresh egg or low cholesterol egg product.
Applesauce Pudding Milkshake Yogurt	Stir in Egg-Pro powder until dry particles are dissolved.
Cooked Cereal Mashed Potatoes Casseroles Cream Soup	Add Egg-Pro AFTER food has been heated. Stir until particles are dissolved.
Tuna, Chicken or Egg Salad Pasta Salad Coleslaw	Mix Egg Pro with the salad dressing or mayonnaise, then mix in the other ingredients. You can also use mayo with protein powder on sandwiches.
Milk Juice	Add Egg-Pro powder and shake or blend until dry particles are dissolved.

2Tbsp of Egg-Pro = 10 gm of Protein

Egg-Pro High Protein Fresh Apple Muffins

2 cups Flour - All Purpose
1 tsp Baking Powder
1 tsp Baking Soda
1/4 tsp Salt
1/3 cup Sugar
3/4 cup Yogurt - Plain and Low Fat
1/2 cup Apple Juice (*If Diabetic use sugar free apple juice*)
2 tbsp Vegetable oil
1 large Egg - lightly beaten
11 1/2 Tbsp Egg/Pro Powder
1 1/4 cup Apples - peeled and shredded
Vegetable Spray
2 tbsp Brown Sugar (*If Diabetic use Brown Sugar, Sugar Twin*)
2 tbsp Graham Crackers
Cinnamon - Dusting Only

Analysis Per Muffin:

Calories	120
Protein	7 gm

Combine and mix in blender the Egg/Pro Powder and Apple Juice. Add beaten egg, vanilla, oil, lowfat yogurt and mix well. Combine and mix the first 5 ingredients - flour, baking powder, baking soda, salt and sugar. Make a well in the center of the dry mixture.

Combine the liquid mixture to the dry mixture by pouring the liquid into the well formed in the dry ingredients. Stir only until the dry ingredients are moistened. Gently fold in the apples. Top each with a sprinkle of brown sugar, graham crackers crumbs and cinnamon. Bake in a 400 degree oven for 20 minutes.

Yield - 18 Muffins.

Pasta Perfect with Egg/Pro

1/3 cup couscous
1 Tbsp Egg-Pro Powder
1 1/2 tbsp sesame oil
3/4 cup boiling water

Add couscous to boiling water; lower heat and simmer.
Cook for seven to eight minutes; couscous will be fluffy and liquid will be absorbed. Turn off heat. Beat in Egg/Pro Powder alternately with sesame oil. Mixture will be thick.
Yield 3/4 cup - 1 serving.

This recipe may also be prepared with rice or pastina instead of couscous - cooking time will be longer.

Analysis:

Calories	339
Protein	10 gm
Carbohydrates	31.6 gm
Fat	14.6 gm
Sodium	98 mg
Potassium	123 mg
Phosphorous	98 mg