

EGG FACTS



A CONSUMER'S GUIDE TO SHOPPING, COOKING & EATING "GREEN"



FRUIT BISCUITS

This is a sample recipe from the Ener-G Egg Replacer website:

Ingredients:

2/3 stick butter

1/2 cup brown sugar

1 t. egg replacer
(mixed with 1 T. water)

1 1/2 c. all-purpose flour, sifted

1 t. baking powder

1 t. All Spice

2 T. finely chopped citrus peel
(outermost part of rind)

1/3 c. raisins or currants

1 T. milk

Preheat oven to 350°.

Cream butter and sugar together until fluffy. Beat in Egg Replacer.

In a separate bowl, mix together flour, baking powder and spice, then gradually add to wet mixture.

Add fruit and milk and mix until dough is stiff.

Roll out to 1/2-inch thickness and cut into 2-inch rounds.

Place on greased trays and prick with a fork.

Bake for 30 minutes. Cool and remove from tray.

EGG REPLACEMENT PRODUCTS

If you prefer to not use eggs in a recipe, there are many alternatives from which to choose.

Egg Replacer

Ener-G is a brand of egg-replacer found in the baking section of the Co-op. It contains no animal products, but consists of potato starch, tapioca flour and leavening. It is an excellent substitute for eggs when baking. Look on the box for recipes or visit their website (www.ener-g.com) for an array of recipes and information.

Egg Whites

Egg whites, sold without the yolk, can be used for cooking and offer the same binding properties for baking as whole eggs, but without saturated fat and cholesterol. Eggology and ReddiEgg brands are found in the refrigerated section where eggs are sold and Just Whites brand powdered egg whites are found in the baking section.

Other Natural Egg Substitutes

Other commonly used egg substitutes for baking are applesauce, peanut butter, added oil and/or added water, banana, soft tofu, and cornstarch. All of these will naturally cause dry ingredients to bind together, thus eliminating the need for eggs. To replace one egg in a recipe, use any one of the following: 1/3 cup applesauce, 2 T. soft tofu, 2 T. cornstarch, 1/2 banana, or 2 T. water or oil.

For a wholesome chocolate treat, try this recipe:

In a large bowl, combine 1 c. applesauce, 1 c. cocoa, 1/4 t. salt, 1/2 c. sugar, 1 mashed banana, 1 1/3 cup flour (whole wheat flour works well), and 2 c. dark chocolate chips. Bake in a preheated oven at 350° for 35 minutes.



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ORGANIC POULTRY AND EGGS are from birds whose animal feed has been produced without insecticides, pesticides, genetic engineering or sewage sludge and contains no animal-derived proteins. The animals are raised under conditions which provide for exercise and freedom of movement and never receive antibiotics or hormones. Organic meat is processed according to strictly-defined standards which restrict the use of chemicals and the meat and eggs have not been irradiated. No genetic modification of animals is permitted.

FREE FARMED POULTRY AND EGGS are from birds raised with adequate space and comfort, without the use of unnecessary antibiotics, in accordance with American Humane Association standards. The claim is verified by third-party inspectors.

FERTILE EGGS can be incubated and developed into chicks. They have often been thought of as being more nutritious than non-fertile eggs. However, there is no difference in the nutrient value between the two.

OMEGA-3 EGGS are produced by hens which have been raised on special diets to produce eggs with enhanced amounts of omega-3 fatty acids. These eggs contain 100 to 200 mg of omega-3s (three to six times that of a normal egg). Omega-3s are beneficial for heart and brain health.

GRASS-FED or **PASTURED** indicates that the animals have, in some sense, been raised on pasture. There is no agreement as to what "grass-fed" means, and no third-party verification. Practitioners of grass-fed or pastured poultry often use rotational grazing systems with movable cages for at least some portion of the bird's life. This is a desirable option when verified, as birds eat more naturally, consume fewer resources, and live more in tune with their native behaviors and needs while on pasture. Many suppliers of grass-fed eggs also report that their eggs are higher than conventional eggs in healthy Omega-3 fatty acids and have harder shells.

SHELL COLOR is determined by the breed of hen and is not related to quality, nutrients, flavor or cooking characteristics.