



# the **eggs**press

SPRING 2011

## Scramble

HINT: A fun spring activity!

A S T E E R

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R G N S I P

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R A S G S

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H I K C C

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L O S U R C O

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S I E S G D N

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R T Y P T E

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MYSTERY  
WORD:

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## Breathing Egg

*Can eggs breathe? Be sure to ask an adult to help you so you don't burn yourself.*

### What You Need:

- 1 egg
- 1 wide-mouth glass or jar
- hot water
- spoon
- magnifying glass (optional)

### How it Works:

1. Ask your adult helper to fill the jar about half full of hot water.

2. Using the spoon, carefully lower the egg into the water.
3. Observe the egg in the jar for several minutes. If you have a magnifying glass, use it to examine the egg closely. Do you see any changes in the egg?

What do you think is happening to the egg? Send your answers to [eggspress@eggs.ab.ca](mailto:eggspress@eggs.ab.ca) to win a prize.



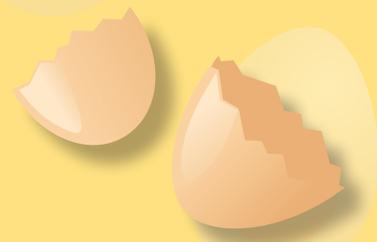
## Coconut Bird's Nests

*These fun cookies are perfect for spring!*

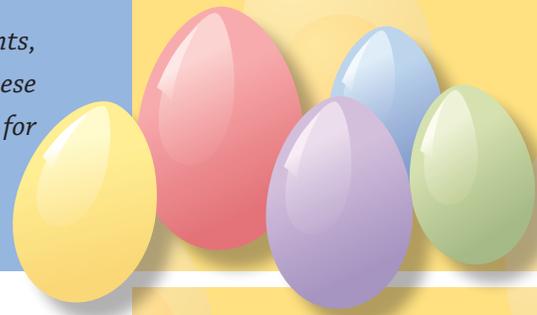
2	eggs	
125 mL	sugar	½ cup
5 mL	vanilla extract	1 tsp
2 mL	almond extract	½ tsp
1 mL	salt	¼ tsp
750 mL	sweetened coconut	3 cups
1 mL	green food colouring	¼ tsp
125 mL	chocolate chips	½ cup
24	chocolate Easter eggs	
24	marshmallow chicks (optional)	

1. Preheat oven to 175° C (350° F).
2. In a large bowl, beat the eggs with the sugar, vanilla extract, almond extract and salt.
3. Add a few drops of green food colouring to the mixture.

4. Stir the coconut and the chocolate chips into the egg mixture, until the ingredients are completely combined.
5. Press a few chocolate Easter eggs into the top of each cookie.
6. Using a tablespoon, place small mounds of the batter on a baking sheet.
7. Bake for about 20 minutes until the cookies are golden brown.
8. Let cookies cool for about 10 minutes on the pan. If you like, place a marshmallow chick on top of each nest. Move the cookies to a rack to finish cooling.
9. Store the cookies in the fridge and enjoy!



**The EGGSpress** is a newsletter for kids! It features interesting egg facts, egg-speriments, recipes, tricks, puzzles, crafts, jokes and other egg-citing activities. Although these activities are targeted to kids, we recommend involving an adult helper. To sign up for this newsletter in PDF format, just email [eggspress@eggs.ab.ca](mailto:eggspress@eggs.ab.ca).



## Cascarones

These confetti-filled eggs are a popular Easter tradition in Mexico. Having a cascarón broken over your head is good luck!

### What You Need:

- vinegar
- food colouring
- water
- 6 eggs
- 1 knife or screwdriver
- sequins (optional)
- white glue
- tissue paper

### How it Works:

1. Ask your adult helper to make a small hole in the end of each egg using the knife or screwdriver. Make sure the opening is large enough to put the confetti in.
2. Save the egg yolks and whites to use later. Be sure to keep them in the fridge!

3. Wash the eggs with water and a small amount of soap.
4. Dye the eggs using food colouring, a few drops of vinegar and water (see the recipe below).
5. Let the eggs dry for at least 24 hours.
6. Make confetti by tearing up some of the tissue paper into small pieces, or use the paper from the bottom of a hole punch.
7. Using a small spoon or funnel, pour a few teaspoons of confetti and sequins into each egg.
8. Seal the end of the egg by gluing a piece of tissue paper over the hole.
9. When the eggs are finished, sneak up on your friends and family and gently crush the eggshell over their heads. They will be sprinkled with confetti and sequins!



## Easy Easter Egg Dye

150 mL	hot water	$\frac{2}{3}$ cup
30 mL	white vinegar	2 tbsp
1 mL	food colouring	$\frac{1}{4}$ tsp

1. In a jar or glass combine the water, vinegar and food colouring. Make sure there is enough dye to completely cover the egg.
2. Gently lower the egg into the dye bath.
3. When the egg is the shade that you want, carefully take it out with a spoon and let it dry completely before touching it.

## Yolks of the Month

**Q.** What came first the chicken or the egg?

**A.** Neither – the Easter Bunny!

**Q.** How did the easter egg cross the road?

**A.** It rolled!

**Q.** What do you call an egg from outer space?

**A.** An egg-stra terrestrial!

## Easter Egg Tips:

- Toilet paper rolls cut into rings make great stands for Easter eggs while they are drying.
- You can make patterns on your Easter eggs with crayons before dyeing them.
- Older eggs are best for hard-cooking. The air trapped inside them makes them easier to peel.
- If you are going to eat your coloured Easter eggs later, be sure to keep them refrigerated.