


SERVES
4

Baking: 35 min.

Nutrients per serving:

Calories: 240
Fat: 7 g
Saturated: 2 g
+ trans: 0 g
Sodium: 210 mg
Carbohydrate: 37 g
Fibre: 0 g
Sugars: 29 g
Protein: 7 g



LEMON PUDDING PARADISE

| | | |
|---------|-----------------------------|--------|
| 3 | eggs, separated | 3 |
| 1/2 cup | sugar | 125 mL |
| 1/3 cup | all purpose flour | 75 mL |
| Pinch | salt | Pinch |
| 2 tsp | grated lemon zest | 10 mL |
| 1/4 cup | lemon juice | 50 mL |
| 1 tbsp | butter or margarine, melted | 15 mL |
| 3/4 cup | milk | 175 mL |

Beat egg whites in large bowl until stiff but not dry. In separate bowl, stir together sugar, flour and salt. Whisk in lemon zest, lemon juice, butter or margarine, milk and egg yolks. **Gently fold** whipped whites into lemon mixture. **Pour** into greased 1-quart (1 L) baking dish. Place baking dish in a shallow pan of hot water so that the water rises 1 inch (2.5 cm) up the sides of the baking dish. **Bake** in a preheated 350°F (180°C) oven until top is lightly browned, about 35 to 40 minutes. Serve warm or cold.


Tip: Sprinkle pudding cake with icing sugar or top with a dollop of whipped cream.



MAKES
1 3/4 cups
or 425 mL
Cooking: 20 min.

Nutrients per serving (1/6 of recipe):

Calories: 80
Fat: 2.5 g
Saturated: 1 g
+ trans: 0 g
Sodium: 50 mg
Carbohydrate: 11 g
Fibre: 0 g
Sugars: 10 g
Protein: 4 g



VANILLA CREAM DELIGHT

| | | |
|------------|------------|--------|
| 2 | eggs | 2 |
| 1/4 cup | sugar | 50 mL |
| 2 tsp | cornstarch | 10 mL |
| 1-1/2 cups | milk | 375 mL |
| 1/2 tsp | vanilla | 2 mL |

Beat eggs lightly in medium bowl and set aside. **Combine** sugar and cornstarch in a medium saucepan. Gradually stir in milk. Cook and stir over medium heat until mixture boils and thickens slightly. Remove from heat. **Stir** about one-third of the hot mixture slowly into eggs. Return egg mixture to saucepan. **Cook** and stir over low heat just until mixture thickens, about 1 minute. Remove from heat; stir in vanilla. **Cover** surface completely with plastic wrap. Cool to room temperature. Chill.

Tip: Serve over fresh fruit and berries, or your favourite cake or ice cream, for a delectable after-dinner dessert.




SERVES
6

Baking: 75 min.
Standing: 1 hr.

Nutrients per serving:

Calories: 250
Fat: 6 g
Saturated: 3 g
+ trans: 0 g
Sodium: 60 mg
Carbohydrate: 46 g
Fibre: 2 g
Sugars: 43 g
Protein: 6 g



FRUIT BLISS

| | | |
|---------------------|---|----------|
| 3 | egg whites | 3 |
| Pinch | cream of tartar (or 1 tsp/5 mL lemon juice) | Pinch |
| Pinch | salt | Pinch |
| 3/4 cup | granulated sugar | 175 mL |
| 1/8 tsp | almond extract | 0.5 mL |
| Citrus sauce | | |
| 1 cup | plain yogourt | 250 mL |
| 3 | egg yolks | 3 |
| 3 tbsp | granulated sugar | 45 mL |
| | Zest of one lemon | |
| Garnish | | |
| 1 square | unsweetened or semi-sweet chocolate | 1 square |
| 2 cups | fresh or frozen fruit | 500 mL |

Beat egg whites, cream of tartar or lemon juice, and salt in a large bowl until soft peaks form. Gradually beat in sugar, one spoonful at a time, until mixture will hold stiff glossy peaks. **Fold** in almond extract. Line a baking sheet with parchment paper. **Drop** mixture from a spoon into 6 mounds; shape each into a circle, making the sides higher than the centre. **Bake** in a preheated 250°F (120°C) oven for 75 minutes or until dry and crisp. Turn oven off and cool in oven 1 hour with door slightly open.

To make citrus sauce: **Whisk** yogourt, egg yolks, sugar and zest together in saucepan. **Cook** over low heat, stirring frequently until slightly thickened. Do not allow to boil. Remove from heat and pour into large bowl. **Chill** until serving time.

To garnish: **Melt** chocolate over low heat or in microwave oven on LOW. **Drizzle** chocolate over meringues. Fill with sauce and top with fruit.



KEEP IT FRESH WITH THE GREAT TASTE OF EGGS

Eggs should be stored in their original carton. This will protect them and prevent them from absorbing strong odours from other foods in the refrigerator. To maintain freshness, store eggs in the main body of the refrigerator to ensure that they are kept at a consistent and cool temperature.



VISIT EGGS.CA for tips on storing unused egg whites or egg yolks.

FOR MORE INFORMATION, CONTACT:

British Columbia Egg Marketing Board
www.bcegg.com

Alberta Egg Producers
www.eggs.ab.ca

Saskatchewan Egg Producers
www.saskegg.ca

Manitoba Egg Farmers
www.eggs.mb.ca

Egg Farmers of Ontario
www.getcracking.ca

Fédération des producteurs d'œufs de consommation du Québec
www.oeuf.ca

Aussi disponible en français.



Dessert-E-2010

SHARE WITH A FRIEND

Have a friend who loves the dessert you just served?
Know someone who likes to entertain as much as you do?
Share the secret of these delightful recipes by simply giving them this card.

VISIT EGGS.CA to discover the secret behind these sinfully delicious dessert recipes and more!




FRUIT BLISS HEAVENLY BAKED ALASKA LEMON PUDDING PARADISE TOFFEE MERINGUE KISSES VANILLA CREAM DELIGHT

SERVES
6

Baking: 2 min.
Chilling: 1 hr.

Nutrients per serving:

Calories: 260
Fat: 11 g
Saturated: 4 g
+ trans: 0 g
Sodium: 190 mg
Carbohydrate: 38 g
Fibre: 1 g
Sugars: 38 g
Protein: 5 g



HEAVENLY BAKED ALASKA

| | | |
|---------|---|--------|
| 4 | egg whites | 4 |
| Pinch | salt | Pinch |
| 1/2 cup | fine sugar | 125 mL |
| 6 | slices jelly roll, cake or brownie, approximately 2" x 2" (5 cm x 5 cm) | 6 |
| 6 | scoops ice cream*, well frozen | 6 |

Beat egg whites and salt in a small bowl until soft peaks form. Gradually add sugar 1 tbsp (15 mL) at a time and continue beating until stiff and glossy. Place cake slices on ungreased baking sheet. **Top** each with ice cream and quickly cover with meringue, being sure to seal edges completely. **Swirl** meringue into peaks. Keep in freezer until ready to bake. Freeze for at least 1 hour. **Bake** in a preheated 475°F (240°C) oven until meringue is lightly browned, about 2 to 4 minutes. Serve immediately.

*Choose your favourite ice cream and cake! For a more colourful option, make sure the cake and ice cream are different colours (e.g., vanilla ice cream over chocolate brownies).




MAKES ABOUT
60
COOKIES

Baking: 35 min.
Standing: 2 hrs.

Nutrients per serving (2 cookies):

Calories: 160
Fat: 5 g
Saturated: 2 g
+ trans: 0 g
Sodium: 40 mg
Carbohydrate: 26 g
Fibre: 0 g
Sugars: 26 g
Protein: 2 g



TOFFEE MERINGUE KISSES


| | | |
|------------|---------------------------------|--------|
| 6 | egg whites, at room temperature | 6 |
| 1/2 tsp | cream of tartar | 2 mL |
| 1-1/2 cups | fine sugar | 375 mL |
| 3/4 cup | chopped pecans | 175 mL |
| 3/4 cup | mini chocolate chips | 175 mL |
| 3/4 cup | toffee bits | 175 mL |
| | Cocoa for dusting | |

Beat egg whites and cream of tartar in large bowl until soft peaks form. Gradually add sugar 1 tbsp (15 mL) at a time. Beat egg whites until they are firm and glossy. Rub egg whites between your thumb and index finger to make sure the sugar is dissolved; the mixture should not be too gritty. **Gently fold** in chocolate chips, nuts and toffee bits all at once until well combined. Pipe or drop spoonfuls on to a parchment-lined baking sheet. The cookies do not spread very much so you can put them fairly close together. **Bake** in a preheated 250°F (120°C) oven for 35 to 40 minutes. If cookies start to brown, reduce heat to 225°F (110°C). Turn off oven and leave cookies in the oven with the door slightly open. Leave the cookies to dry out in the warm oven for at least 2 hours (more time may be needed). **Dust** with cocoa and serve.

Tip: Try not to make these on a really humid day or they will be very sticky!



SWEET Indulgence



5 GUILT-FREE DESSERT RECIPES TO ENTERTAIN AND INSPIRE

ENTERTAIN

IN STYLE WITH EGGS

Love to entertain? Now you can do just that with healthier dessert options that suit your balanced lifestyle. By using eggs, you can create recipes that taste delicious, look fantastic and contain less fat than most desserts! Why not impress your guests by indulging them guilt-free?



INSPIRE

HEALTHY CHOICES FOR YOUR GUESTS



Eggs are a healthy part of a balanced diet. That's why both the Heart & Stroke Foundation's Health Check™ program and Canada's Food Guide include eggs as part of a healthy lifestyle.

Visit eggs.ca to sign up for free nutritious and delicious e-recipes!

| Nutrition Facts | |
|---------------------------|----------------|
| Per 1 large egg (53 g) | |
| Amount | % Daily Value |
| Calories 70 | |
| Fat 5 g | 8 % |
| Saturated 1.5 g | 8 % |
| + trans 0 g | |
| Cholesterol 195 mg | |
| Sodium 65 mg | 3 % |
| Carbohydrate 1 g | 1 % |
| Fibre 0 g | 0 % |
| Sugars 0 g | |
| Protein 6 g | |
| Vitamin A 10 % | Vitamin C 0 % |
| Calcium 2 % | Iron 6 % |
| Vitamin D 15 % | Vitamin E 15 % |
| Riboflavin 15 % | Niacin 8 % |
| Vitamin B12 50 % | Folate 15 % |

What's in it for me?

- ♥ Key nutrients and vitamins
- ♥ 6 g protein
- ♥ Just 1.5 g saturated fat
- ♥ 0g trans fat



FRUIT BLISS



♥ SMART
6g
FAT PER SERVING

VANILLA CREAM DELIGHT



♥ SMART
2.5g
FAT PER SERVING

LEMON PUDDING PARADISE



♥ SMART
7g
FAT PER SERVING

TOFFEE MERINGUE KISSES



♥ SMART
5g
FAT PER SERVING

HEAVENLY BAKED ALASKA



♥ SMART
11g
FAT PER SERVING

SHARE THE SECRET OF
EGGS

