

# DID YOU KNOW?

Did you know that eggs contain the highest quality protein you can buy and the yolk is one of few naturally good sources of vitamin D?

Fun fact - to tell if an egg is raw or hard cooked, spin it!  
If it spins easily it is hard cooked and if it wobbles it is raw... eggcellent!



• INSPIRED FOOD •

*mint*

• FOR EDUCATION •