Introducing
POWERED BY eggs

Eggs aren’t just delicious; they’re also an impressive source of 13 different vitamins and nutrients the body needs as part of a healthy diet to help you be your best, every day.

This bundle of nutrients helps to maintain healthy skin, while also supporting the immune system, bone and muscle function, energy levels, metabolism, heart and eye health, which are all important for older adults¹².

Meeting daily nutrient requirements can play a big role in older adults maintaining peak physical and cognitive health and wellbeing; alongside being critical for bone health, eye health, vascular function, and immunity¹².

Unlock your full potential,
live your life POWERED BY eggs.
Boiled Egg With Asparagus Soldiers

SERVES 1
TIME 5 MINS

INGREDIENTS
• 1 egg
• 4 large asparagus spears
• Olive oil

METHOD
1. Prepare the asparagus by snapping or cutting off the tough lower ends. Place the asparagus into a microwave safe dish, cover and microwave on HIGH for 1 minute. Remove from the microwave and drizzle slightly with olive oil.

TO BOIL EGG
2. If using a microwave egg boiler, prepare according to the directions of the egg boiler, resulting in a soft yolk.

3. If boiling on a stove top, take a saucepan and half fill with cold water from the tap. Gently lower the eggs into the saucepan.

4. Place the pan over a medium heat. When the water reaches a simmer, start the timer so you can precisely time the cooking process. If you gently stir the eggs in a clockwise direction, the movement of the water will help centre the yolks.

5. Simmer the eggs in the saucepan for the length of time that suits your boiled eggs preference. For soft boiled eggs, simmer the eggs for 4 mins for runny yolks.

6. To serve, place the egg in an egg cup with the top cut off and place the asparagus beside.

NUTRITION INFORMATION

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HEART-HEALTHY, VITAMIN D, SUITABLE FOR DIABETES
Choline

Choline is a little-known yet important nutrient that plays a role in helping prevent cognitive decline, or helping with memory and paying attention, in the elderly³.

Choline is a nutrient that is made in the liver. However, as most people don’t produce enough choline to meet daily requirements, it also needs to be provided through the food that we eat¹. In fact, 90% of Australians do not meet the adequate intake level of choline⁴ but research shows requirements are more easily reached when eggs are included regularly in your diet⁵.

Brain Health:
Helping produce an important neurotransmitter that is needed for muscle control, memory, focus, and heartbeat regulation¹.

Cholesterol:
Helping to create a substance that is essential for removing cholesterol from the liver and sending it into the bloodstream to use for energy.
Green Eggs & Ham

INGREDIENTS
- 8 eggs
- 2 tsp olive oil
- 25g (⅓ cup) grated parmesan cheese
- 120g baby spinach
- 4 seeded brioche buns, split, toasted
- 80g thinly sliced lean leg ham

METHOD
1. Place eggs, 100g spinach and parmesan into a blender and blend until combined. Season with salt and pepper.
2. Heat a large non-stick frying pan over medium heat until hot. Add the oil and swirl to coat pan base. Add egg mixture and cook for 1 ½ minutes or until mixture starts to set. Using a spatula, push set egg towards centre of pan, tilting pan to allow uncooked egg to run over base. Cook for 2 minutes or until eggs form creamy curds.
3. Top bun base with spinach leaves, ham and green eggs. Sprinkle with parmesan, top with bun lids to serve.

NUTRITION INFORMATION
Serving size: 238g
Average Quantity per Serving
- Energy 1690kJ (405Cal)
- Protein 20.8g
- Fat, Total 31.6g
- Saturated 7.8g
- Carbohydrate 7.4g
- Sugars 3.8g
- Dietary Fibre 5.3g
- Sodium 278mg
- Choline 327mg

HIGH PROTEIN, RICH IN CHOLINE
Superfood Omelette

INGREDIENTS

• 4 large eggs
• Cooking oil spray
• 2 cups torn or baby kale leaves
• 3 eggs, at room temperature
• 2 tbsp cold water
• ¼ cup pine nuts
• 50g crumbled goat’s cheese

METHOD:

1. Set the pine nuts in a tray and pop them in the oven for a few minutes to toast. Remove from oven when toasted and set aside.

2. Grease a medium frying pan and warm over medium heat. Add the kale and toss until wilted then set it aside and keep warm.

3. Separate the eggs, placing egg yolks into a small bowl and egg whites into a large bowl. Add the water to the egg yolks and whisk with a fork. Using a hand beater, whisk egg whites until soft peaks form.

4. Grease a medium non-stick frying pan and warm over medium heat. Using a large metal spoon, quickly fold egg yolks into the egg whites.

5. Pour half the mixture into the pan and gently shake the pan for the mixture to evenly cover the pan base. Cook until the base is golden and the eggs are almost set. Sprinkle half the omelette with half the kale, pine nuts and goat’s cheese. Fold omelette in half and cook until almost set then transfer to a serving plate.

6. Repeat this with the remaining eggs, kale, pine nuts and goat’s cheese.

NUTRITION INFORMATION

Serving size: 238g

Average Quantity per Serving

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HIGH PROTEIN, RICH IN CHOLINE
Protein

The current recommended daily protein intake for Australian adults aged 70 years and over is 57g per day for women and 81g for men, which is 25% more than what’s needed for younger adults due to increased protein requirements with age\(^1\).

Protein is essential for:

- Reducing appetite and hunger\(^4\)
- Maintaining and building muscle mass\(^2\)
- Helping you recover faster when injured\(^1\)
Salmon, Rice & Egg Pie

INGREDIENTS

- 3 eggs (hard boiled and roughly chopped)
- 1 egg (for glazing)
- 80g long grain rice
- 500ml fish stock
- 50g Mushrooms (chopped)
- ¼ bunch Parsley (chopped)
- ½ bunch Dill (chopped)
- 1 bunch Chives (chopped)
- ½ tsp Black pepper (freshly ground)
- 1 lemon (zest and juice)
- 1 egg (raw)
- 8 sheets Filo pastry
- 80g Baby spinach leaves
- 200g Salmon fillet (skinless/boneless, cut into two slices horizontally)

OPTIONAL

- Hollandaise sauce
- Green salad

METHOD

1. Preheat oven to 180 C.

2. Cook rice in fish stock and place into a bowl to cool.

3. Add chopped boiled eggs, mushrooms, herbs, pepper, lemon zest and juice. Combine with raw egg.

4. Lay out two pastry sheets and top with half the spinach leaves then one salmon slice all of the rice mix than remaining salmon, spinach, and pastry sheet.

5. Crimp the edges of the pastry and brush with egg, bake in the oven for about 25 minutes or until golden and cooked. Slice and serve hot.

NUTRITION INFORMATION

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SERVES 4
 TIME 35 MINS

HIGH PROTEIN
Eggs Florentine Breakfast Bake

INGREDIENTS

- 10 eggs
- 1 tbsp olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 250g button mushrooms, sliced
- 200g baby spinach leaves
- 125ml (½ cup) milk
- 40g (½ cup) grated parmesan cheese
- 200g grape tomatoes, halved
- Basil leaves, to serve

METHOD

1. Preheat oven to 180°C/160°C fan-forced. Lightly spray a 20 x 30cm (base measurement) baking tin with oil and line with baking paper.

2. Heat oil in a large non-stick frying pan over medium-high heat. Cook onion, stirring, for 3-4 minutes or until softened. Add garlic and mushrooms and cook, stirring, for 3-4 minutes or until golden. Add spinach and stir until just wilted. Set aside to cool slightly.

3. Whisk eggs, milk and half the parmesan together in a large bowl. Season with salt and pepper. Spread mushroom mixture over base of prepared dish. Pour over egg mixture and evenly distribute vegetables. Top with halved cherry tomatoes cut side up and sprinkle with remaining parmesan.

4. Bake for 30 minutes or until golden and set. Let stand for 10 minutes. Serve warm or at room temperature scattered with basil.

NUTRITION INFORMATION

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SERVES 6

TIME 55 mins
Savoury Egg & Cheese Muffins

SERVES 10
TIME 58 MINS

INGREDIENTS
- 13 eggs
- 2 cups (300g) plain wholemeal (whole wheat) flour
- 2 tsp baking powder
- Sea salt and black pepper, to season
- 60g butter, melted and slightly cooled
- ½ cup (125ml) milk
- 100g ham off the bone, finely chopped
- 1½ cups (150g) tasty cheese, grated
- ¼ cup chives, finely chopped

METHOD
1. Prepare an ice bath. Set aside.
2. Bring a large pot of water to the boil then reduce heat to simmer. Carefully add 10 eggs to the pot of simmering water and cook for 8 minutes. Carefully remove eggs and place into ice bath until cool enough to handle. Peel eggs and set aside.
3. Preheat oven to 190 C and line a muffin tin with 10 papers. Set aside.
4. Place the wholemeal flour, baking powder and salt and pepper into a large bowl. Whisk to combine creating a well in the centre.
5. Place the melted butter, milk and 3 remaining eggs into the well of the flour. Using a wooden spoon mix to combine. Add the ham, cheese and chives and carefully mix to combine.
6. Fill each prepared muffin paper with a heaped tablespoon of the batter. Nestle a boiled egg into each. Top with remaining muffin batter ensuring the eggs are covered.
7. Bake the muffins for 15-18 minutes or until golden and when pressed bounce back to the touch. Allow muffins to cool for 5 minutes in the tray before placing on a wire rack to cool completely. Enjoy.

NUTRITION INFORMATION

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HIGH PROTEIN
Golden Fried Rice

SERVES 4
TIME 25 MINS

INGREDIENTS
- 5 eggs
- 4 cups cooked long-grain white rice
- 2 tsp XO sauce
- 2 tbsp olive oil
- 2 green onions, finely chopped
- 100g sliced ham, shredded or chopped
- 1 red capsicum, sliced
- 1 cup (120g) frozen peas
- Salt and ground white pepper, to taste
- Extra sliced green onions, to serve

ASIAN SIDE SAUCE
- 1 tbsp soy sauce
- 2 tsp hoisin sauce
- 1 tsp XO Sauce

METHOD

1. Stir rice with a fork to break up grains. Separate 3 egg yolks into a small bowl. Reserve whites in another medium bowl. Add yolks to rice. Mix well until rice grains are coated in egg. Break remaining eggs into reserved whites. Add XO sauce. Whisk well to combine.

2. Heat 2 tsp oil in a large wok over medium heat. Add half the egg mixture. Swirl to coat base of wok. Cook for about 1 minute, or until egg has set. Slide onto a large plate. Roll and slice thinly. Repeat with oil and egg mixture.

3. Add remaining oil to same hot wok. Add rice mixture, onions, ham, capsicum and peas. Stir-fry for about 5 minutes, or until vegetables are tender and rice is golden.


SERVING SAUCE:

5. To make sauce, combine ingredients in a small bowl and mix well.

NUTRITION INFORMATION
Serving size: 357g
Average Quantity per Serving
Energy 2150kJ (513Cal)
Protein 21.0g
Fat, Total 16.4g
- Saturated 3.3g
Carbohydrate 66.5g
- Sugars 4.6g
Dietary Fibre 5.2g
Sodium 561mg

HIGH PROTEIN
Heart Health and Cholesterol

Did you know? Eggs are ok to eat everyday.

The Heart Foundation states eggs can be enjoyed daily as part of a heart healthy eating pattern. Eggs contain heart-healthy omega-3 fats and antioxidants that have been known to have positive effects on heart health.

Although elevated blood cholesterol levels are associated with heart disease risk, cholesterol in and of itself is not necessarily bad. In fact, it’s essential to help form cell membranes, vitamin D, hormones, and bile acids.

Eggs are a source of dietary cholesterol but it is saturated and trans fat that have a greater impact on cholesterol levels. This means it’s more important to consider what you eat with your eggs; there’s no reason to stop eating eggs. It is recommended that eggs be eaten as part of a varied diet with other heart healthy foods like fish, fruit, vegetables, whole grains, nuts, and legumes.
Quinoa, Spinach & Egg Bake

**INGREDIENTS**

- 8 eggs
- 1 tbsp olive oil
- 310ml (1 ¼ cups) skim milk
- 2 garlic cloves, crushed
- 1 tsp chopped fresh thyme
- 120g (4 cups) spinach, roughly chopped, plus extra leaves to serve
- 2 cups cooked quinoa (see Tips)
- Pinch of pepper
- Pinch of nutmeg
- 50g (½ cup) grated reduced-fat cheese
- 200g cherry truss tomatoes
- Olive oil spray
- Large salad, to serve

**METHOD:**

1. Preheat oven to 180°C/160°C. Drizzle olive oil into a 20cm (8-cup capacity, 7cm deep) round baking dish (see Tips) and swirl around to coat evenly.
2. In a bowl, whisk together the eggs, milk, garlic, thyme, salt, pepper and nutmeg.
3. Add quinoa and spinach into the baking dish and pour over the egg mixture, stirring gently to combine. Cover with a lid or foil and bake until just set for around 30 minutes. Remove lid, sprinkle with cheese and bake uncovered for a further 15 minutes or until golden. Set aside to cool.
4. Heat a frying pan, spray with olive oil. Add cherry tomatoes and cook, stirring for 3-4 minutes or until slightly softened. Serve bake topped with extra spinach leaves and tomatoes and a large salad.

**TIP:** Quinoa can be replaced with cooked brown rice. For ease of serving, you can bake this in a 20cm springform cake pan.

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HEART-HEALTHY, HIGH PROTEIN, SUITABLE FOR DIABETES
Mexican Pan Frittata

INGREDIENTS
- 8 large eggs, at room temperature
- 2 tbsp olive oil
- 1 small red onion, halved, thinly sliced
- 2 garlic cloves, finely chopped
- 1 yellow or red capsicum, halved, deseeded, sliced
- 1 cob sweet corn, kernels removed
- ⅓ cup coriander leaves, chopped
- 200g mini roma tomatoes, halved lengthways
- Store-bought tomato salsa
- Diced avocado, coriander leaves & lime wedges, to serve

METHOD
1. Preheat grill on medium-high and heat oil over medium heat in a 20cm non-stick ovenproof frying pan.
2. Add the onion and garlic and cook for 3-4 minutes until soft in the pan then add the capsicum and corn, stirring often, for 4-5 minutes or until the capsicum softens. Stir in chopped coriander.
3. Spread the mixture evenly over the base of the pan and scatter the tomatoes over mixture.
4. Whisk the eggs in a jug then pour egg mixture over the vegetables. Shake the pan to evenly distribute egg. Reduce heat to medium-low and cook for 8-10 minutes or until almost set.
5. Place pan under hot grill for 3-5 minutes or until top just sets. Stand for 5 minutes then transfer to a board.
6. Cut the frittata into wedges and serve with tomato salsa, avocado, coriander and lime wedges.

NUTRITION INFORMATION
Serving size: 389g
Average Quantity per Serving
Energy 1600kJ (383Cal)
Protein 19.8g
Fat, Total 25.2g
  - Saturated 5.0g
Carbohydrate 15.2g
  - Sugars 8.7g
Dietary Fibre 8.1g
Sodium 360mg

HEART-HEALTHY, HIGH PROTEIN, SUITABLE FOR DIABETES
VITAMINS AND NUTRIENTS

Vitamin D

Eggs are one of the few foods that contain naturally high amounts of vitamin D, providing more than 50% of the recommended dietary intake for older adults¹.

Vitamin D is essential for the maintenance of healthy bones and teeth². It also contributes to healthy muscle function and immune system maintenance².

Low vitamin D levels are a key contributor to hospitalisations for falls and fractures in older Australians, highlighting the importance of having an adequate intake of this vitamin to help maintain healthy bones⁹.
METHOD

1. Preheat oven to 180°C/160°C.
2. Lightly spray a 11cm x 22cm (base measurement) loaf tin with oil and line the base with baking paper.
3. Place dates, butter, sugar and 180ml (3/4 cup) water in a saucepan and stir over medium heat and gently bring it to the boil. Remove from heat and set aside to cool.
4. Place date mixture in a large bowl and add the eggs, walnuts and wholemeal flour, then sift over the self-raising flour and baking powder. Mix well and spoon the mixture into the prepared tin.
5. Bake for 45-50 minutes or until golden and a skewer inserted into the centre comes out clean. Set aside to cool in tin for 10 minutes before turning out onto a wire rack. To serve, toast slices and spread with ricotta and drizzle with honey. Or spread simply with butter.

INGREDIENTS

- 2 eggs, lightly beaten
- 160g (1 cup) pitted dried dates, chopped
- 100g unsalted butter, chopped
- 220g (1 cup) firmly packed brown sugar
- ½ cup walnuts, chopped
- 160g (1 cup) wholemeal plain flour
- 150g (1 cup) self-raising flour
- 1 tsp baking powder
- Smooth ricotta, to serve
- Honey, to serve

NUTRITION INFORMATION

- Serving size: 145g
- Energy: 2170kJ (518Cal)
- Protein: 10.2g
- Fat, Total: 19.4g
- - Saturated: 9.3g
- Carbohydrate: 72.4g
- - Sugars: 47.1g
- Dietary Fibre: 5.0g
- Sodium: 249mg
**FULLY LOADED ONE PAN EGGS**

**SERVES 4  
TIME 30 MINS**

**INGREDIENTS**
- Eggs, as many as each person would like
- 1/2 small sweet potato, grated with skin on
- 1/2 red capsicum, grated
- 1 x 400g can crushed tomatoes
- 1 x 400g can kidney beans, rinsed and drained
- 2 generous cups of spinach
- 1/2 cayenne pepper (optional)
- 1 tbsp smoked paprika
- Salt and pepper to taste
- 2 tbsp sunflower seeds, toasted
- 1 tbsp pine nuts, toasted
- Fetta cheese, crumbled to garnish

**METHOD:**

1. Place sweet potato and capsicum in a non-stick fry pan. Sauté for 3-4 minutes until beginning to soften. Add tomatoes, beans, paprika, and cayenne. Simmer for 10 minutes stirring occasionally.

2. Add spinach and combine well. The spinach will wilt as your eggs cook in the next step.

3. Make a well in the tomato mixture for each egg you’d like to cook. Crack eggs into wells and cover, cook on a low heat for 10-12 minutes until whites are just set.

4. Sprinkle over fetta, seeds and nuts, season if you like, then serve!

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HIGH PROTEIN, VITAMIN D, SUITABLE FOR DIABETICS
Protein Packed Banana Porridge

INGREDIENTS
• 1-2 eggs (use 2 eggs if they are small)
• 1 cup rolled oats
• 1 cup water
• ½ cup milk, plus extra to add during cooking
• 1 banana, preferably overripe
• Cinnamon to taste
• Honey or maple syrup to taste

METHOD
1. Finely slice or mash the banana and set aside. Whisk the egg/s and set aside.
2. Place the oats, water and milk in a saucepan. Bring to a boil then reduce heat to low and cook, stirring gently, for about 5 minutes or until the mixture starts to soften and thicken.
3. Add the banana, whisked egg and a pinch of cinnamon and cook for a further 2-3 minutes, stirring continuously, until the ingredients have been thoroughly incorporated and the egg has cooked into the porridge. If the porridge is too thick, add extra water or milk.
4. Serve the porridge hot with a drizzle of honey or maple syrup. Add toppings as desired.

NUTRITION INFORMATION
Serving size: 197g
Average Quantity per Serving
Energy 786kJ (188Cal)
Protein 7.7g
Fat, Total 5.7g
- Saturated 1.9g
Carbohydrate 24.3g
- Sugars 9.0g
Dietary Fibre 3.3g
Sodium 48mg

HEART-HEALTHY, VITAMIN D, SUITABLE FOR DIABETES*
Eggs provide vitamin A, omega-3 fatty acids and the antioxidants lutein, zeaxanthin and selenium; all of which contribute to maintaining eye health. These antioxidants are associated with decreased risk of age-related macular degeneration (AMD) - the leading cause of blindness in older Australians.¹¹

Eggs contain a range of nutrients and antioxidants that have been shown to contribute to long term eye health.¹⁰
References
