

Healthy Adventures Farm

Want to raise the **barn** on your health? Check out these

Deviled Chick Eggs



INGREDIENTS



10 large eggs



1/3 cup plain,
fat free
Greek yogurt



1 teaspoon
red wine
vinegar



1 teaspoon
yellow
mustard



1 teaspoon
sugar



1/4 teaspoon pepper

1/4 teaspoon salt

Don't forget

1 small, chopped carrot (for the beak)

1 thinly sliced olive (for the eyes)

MAKES
12 Deviled Chick Eggs

INSTRUCTIONS

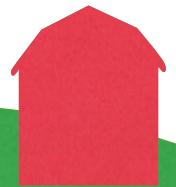
Do your best chicken cluck!

1. Boil the eggs in a large pot of water (about 12 minutes). Be sure there's enough water to cover the eggs.
2. Drain the hot water, then cover the eggs (still in the pot) with cold water! After 2 minutes, drain the water and repeat this step until the eggs are all cooled off.
3. Peel the shell from the eggs, then cut the eggs in half (lengthwise).
4. Remove the yolks from the eggs and place in a small bowl. Mash them with a fork, then stir in the rest of the ingredients until it's all smooth.
5. Top the egg whites with the mixture, then add the carrot and olive to make the face.
6. Dig in!

DON'T FORGET TO GET 60!

After you clean your plate, get dirty outside planting a garden! Or, head to the farmers market and pick up some fresh fruits and veggies! It's an egg-cellent way to get 60 minutes of activity.

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EGGSHELL GARDEN GUIDE

Give gardening the green thumbs up! Plant a garden with your kids with these easy eggshell seed starters. Follow the instructions below, and get growing today!

Materials

Egg carton
Spoon
Seeds

Eggshells
Needle/Pin

Potting soil
Knife

Instructions

1. CRACK!

Carefully crack the top third off of the eggshells. Do so by tapping the raw eggs with a spoon or knife. Then, empty the eggshells and rinse them out thoroughly (if you want, boil them in water for a few minutes for a super-thorough rinse).

2. DRAIN!

Add a tiny drainage hole at the bottom of the shell by carefully poking it with a needle or pin. Then, place your eggshells in a carton.

3. FILL!

Use a small spoon to fill the eggshells with moist potting soil. Then, add some seeds! You can try beans or cucumbers, herbs, flowers... or anything you feel like! Drop in a few seeds, and cover them according to the seed package instructions.

4. GROW!

Place the carton where it can get some sun and good air circulation. Keep the soil moist by misting it with water daily. Then watch your harvest grow!

Once the plants outgrow the shells, transfer them all outside and let them grow even bigger! You can keep the shells intact (they're biodegradable). Just crack and crush them a bit more to allow the roots to grow around them!



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