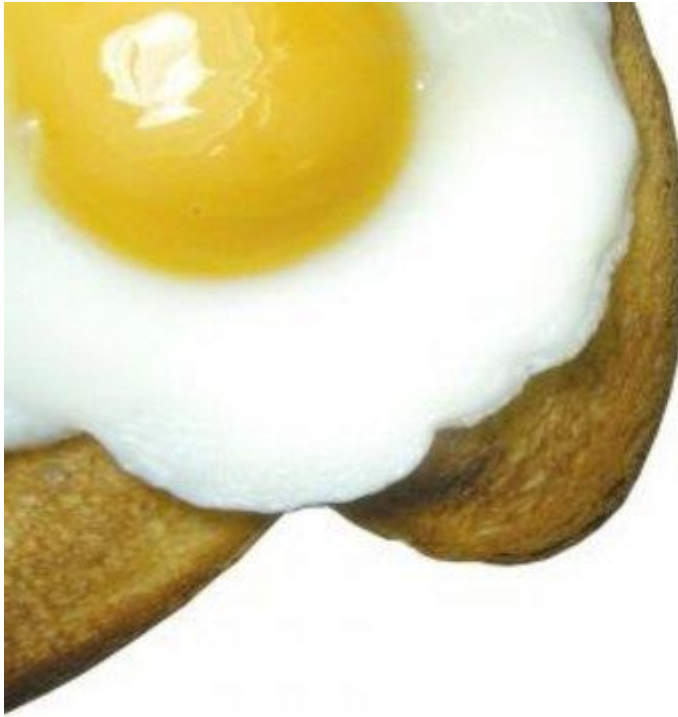


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Eggs have gotten such bad press over the past few years. We have been advised to not eat them because they raise our cholesterol to maybe they are not that bad! Today eggs are considered a good source of protein and choline. Because of this, the egg falls in the Meats category under the Food Guide Pyramid. Every part of an egg either edible even the shells can be used as fertilizer! If you like eggs but want to break away from the usual fried or boiled egg this ebook has 111 egg recipes plus websites for even more recipes. Remember, in all things to use moderation. Eggs really are the perfect food!

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