

FOR THE LOVE OF EGGS



Chosen Weeds Farm

Gluten Free Sandwich Bread

It doesn't get much easier than this 4 ingredient sandwich bread!

Ingredients

- 3 green plantains peeled and chopped
- 6 eggs
- 1/2 tsp salt
- 1 tsp baking power

Directions

1. Place all ingredients in to a blender or food processor. Blend well.
2. Pour into a greased loaf pan.
3. Bake at 375 degrees for 1 hour or until golden and a toothpick comes out clean.
4. Allow to cool.

Note: If you would like a sweet bread, use very ripe plantains and add cinnamon and vanilla.

Easy Peasy, Gluten Free, Sugar Free Banana Bread

Who doesn't like banana bread?

Ingredients

- 2 ripe bananas
- ½ cup coconut flour
- 4 eggs
- 1 TBSP cinnamon
- ¼ cup pasture butter or coconut oil
- ½ tsp baking soda
- 1 tsp vanilla

Directions

1. Place all ingredients in to a blender or food processor.
Blend well.
2. Pour into a greased loaf pan.
3. Bake at 375 degrees for 40 minutes or until golden and a toothpick comes out clean.
4. Allow to cool.

Bell Pepper Egg in a Hole

Ingredients

- 1 bell pepper (yellow, orange, or red)
- 4-5 eggs (depending on family size and how many each person will eat)
- salt/pepper
- grated Parmesan cheese

Directions

1. Heat 1 Tbsp olive oil over medium/high heat.
2. Cut peppers into 1/2" rings and remove the seeds and centers. Place sliced peppers into the pan and let them saute for a minute.
3. Crack one egg into the center of each bell pepper slice. Start pouring the egg in slowly.
4. Sprinkle salt and pepper over each egg. Saute for 3 minutes, then flip it over carefully.
5. Top with a generous amount of Parmesan. If you want your yolks to be juicy (over easy), cook another minute.

Easy Refrigerator Pickled Eggs with Beets

Keto, Paleo and Whole 30 Approved

Ingredients

- 1/2 Gallon Canning Jar with lid
- 8 – 10 whole hard boiled eggs, peeled²
- (15 oz) cans of sliced beets in juice
- 1/2 of a large red onion, sliced in rings
- 1 cup white vinegar
- 1/2 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1/2 teaspoon sea salt

Note: if you like it to be a little sweeter instead of tangy, you can add 1/2 cup sugar

Directions

1. In a pan, over medium-high heat, combine white vinegar, black pepper, garlic powder and sea salt.
2. Put your whole hard boiled eggs and red onion into your canning jar.
3. Pour the two cans of sliced beets and juice over the eggs and onions.
4. Pour in the vinegar mixture.
5. Put the lid on the canning jar, tightly.
6. Then give the jar a few gently turn to make sure everything is well mixed.
7. Make sure everything is under the juice – use a plastic spatula to move things around if necessary. But be gentle, you don't want to mess up your eggs!
8. Put the jar in the fridge for at least 3 or 4 hours. But the longer the eggs remain, the more the flavor fills them and the deeper the color you'll have.

Easy, Paleo Mayonnaise

Ingredients

1 large whole egg

2 tsp fresh lemon juice

2 tsp spicy brown mustard

1/4 tsp salt

3/4 avocado oil (extra virgin olive oil will give the mayo a different taste)

Directions

1. In a tall container, add the egg, lemon juice, mustard, salt. Blend.
2. Slowly add the olive oil as you continue to blend with an immersion blender at the bottom.
3. Then set it to high and blend for about 30 seconds before slowly lifting it to the surface of the mixture, and blend another 20 seconds or so or until completely creamy.

Store in the fridge and use within 5 days.

Egg Salad With Bacon

Ingredients

- 6 hard boiled eggs peeled
- 1/2 cup mayonnaise
- 1/2 teaspoon dry mustard
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- Pinch of paprika
- 2 slices of bacon cooked and chopped (use sugar and nitrate free)
- 4 green onions sliced thin
- 2 avocados optional

Directions

1. Coarsely chop eggs.
2. Mix eggs with seasonings and mayonnaise
3. Add onions and bacon.
4. Adjust seasonings.
5. Serve on a half of an avocado



We'd love to meet you!

Want quality eggs that are pasture raise? Stop by our store to pick up a dozen, or two, of our tasty eggs to give these recipes a try. You can even get a farm tour to meet the chickens! Our eggs will leave you feeling good about what you put on your body, and you can rest assured that they are coming from quality chickens in a loving and clean environment. For a full line up of products including tours, courses, soaps, lotions, and other skin-care item that are available, visit our website at www.thechosenweeds.com

Farm Store Hours:

By Appt only: Please Call First
409-749-0184

Farmers' Market Locations:

Saturdays April-November: Bridge City

Vendor Events/Craft/Artisan Fairs:

Please follow us on Facebook for event updates
<https://www.facebook.com/chosenweeds/>

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