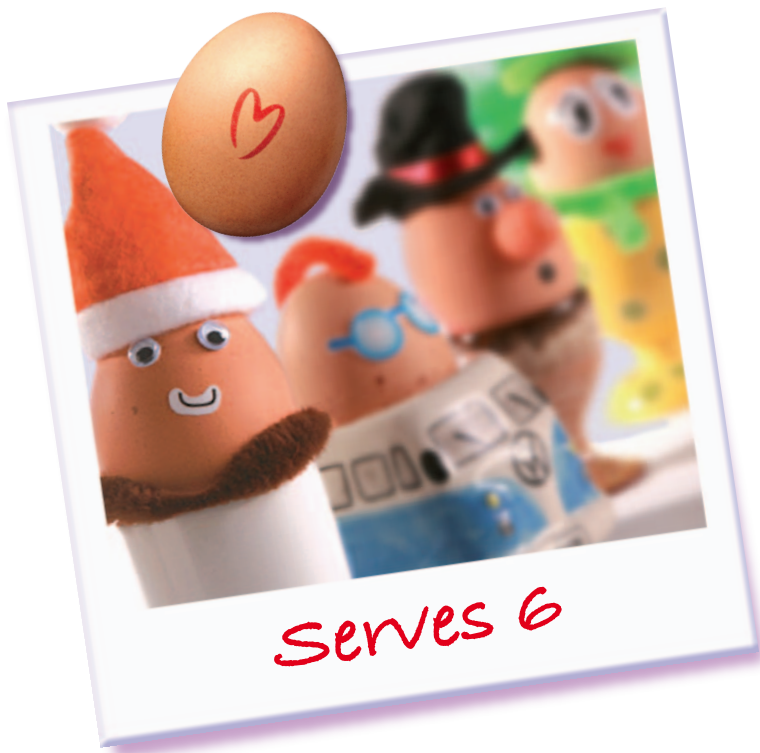




Goldenlay Omega 3

Egg Heads



Preparation time: 5 minutes

Cooking time: 4-6 minutes

Ingredients

6 x Goldenlay Omega 3 eggs

Toast soldiers to serve

Permanent marker pens

Bits and pieces to decorate

Method

1. Use the marker pens to draw comic faces on some of the eggs.
2. Place the eggs in a small pan of cold water and slowly bring to the boil. Cook for 4-6 mins, depending how you like your eggs cooked.
3. Drain the eggs and place in egg cups - the fancier the better.
4. Finally using the bits and pieces turn the eggs into different people and serve with toast soldiers.
(Not suitable for children under three years of age due to the small parts involved.)

A great way to get your kids to top up their Omega 3 intake.