instructions

Plus Easy and Fun Recipes
Getting Started

Read all the instructions thoroughly.
Wash and dry Egglettes prior to use.

Spray or Oil the Egglette cups with one of the suggested oils.

For BEST RESULTS:
• Thoroughly and evenly coat the entire inside of the Egglette.
• For a smooth texture, roll oil around and thoroughly coat the inside cup. Shake out excess oil over sink.
• Cooking Spray: Spray interior with three short bursts. Roll oil around to ensure it is evenly and thoroughly coated and shake out excess oil for smooth surface.
• Extra Virgin Olive Oil or Coconut Oil: Place ½ tsp. into the cup. Thoroughly and evenly coat entire inside surface.

CAUTION
• Always be sure to handle with care. Product and content will be hot.
• DO NOT USE PRODUCT IN MICROWAVE.
• Egglettes is only intended for adult use while cooking.

CARE AND MAINTENANCE:
• Top rack dishwasher safe or wash gently with warm, soapy water. Dry thoroughly before use.
COOKING INSTRUCTIONS:

1. Fill a pot with 3 to 4 inches of water so that Egglettes do not touch the bottom. Use high heat until it reaches a ROLLING BOIL (Image 1).

2. After spraying or oiling, fill each Egglette with a whole egg or egg recipe (Image 2). Make sure not to fill above the fill line (Image 3).

3. Hold Egglettes by rim to twist on cap (Image 4). Hold the handle and carefully place into boiling water (Image 5 & 6).

4. Refer to cooking times on Page 6.

5. When cooked, turn off heat and remove Egglette with tongs. **Hard Boiled:** Place in cool water or let cool on counter. **For Omelette and Soft Boiled:** Let sit for a few minutes before serving.

NOTE:

• USE CAUTION WHEN HANDLING.

• It is suggested to use tongs when removing Egglettes from boiling water.

• WHEN ADDING MEAT PRODUCT, BE SURE MEAT IS COOKED PRIOR TO ADDING TO UNCOOKED EGG RECIPE.
ESTIMATED COOKING TIMES:
• Cooking times will vary depending upon type of stove top - gas or electric. Gas will cook faster.
• Keep at a constant rolling boil for faster results. You can place a lid on the pot, but make sure lid is vented or tipped to release steam (Image 7).
• Adjust cooking times in the chart below according to size of recipe. Larger eggs will cook in the higher time range outlined below.

<table>
<thead>
<tr>
<th>Type</th>
<th>Cook Time</th>
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<tbody>
<tr>
<td>Hard Boiled</td>
<td>13 - 16 minutes</td>
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<tr>
<td>Medium Boiled</td>
<td>11 - 13 minutes</td>
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<tr>
<td>Soft Boiled</td>
<td>8 - 10 minutes</td>
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<tr>
<td>Omelette (Yolk and White)</td>
<td>13 - 15 minutes</td>
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<tr>
<td>Omelette (Egg white)</td>
<td>12 - 14 minutes</td>
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<tr>
<td>Omelette (Egg Substitute)</td>
<td>13 - 15 minutes</td>
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PREPARE TO EAT!
• Once cooked and cooled, twist the cap to remove (Image 8).
• Gently squeeze or shake egg onto plate (Image 9).
TIP: To help loosen your egg from Egglette, run tip of spoon around the inside of the cup between egg and Egglette (Image 10 & 11).

NOTE: Do not store cooked egg in Egglette for more than two days.
Breakfast  p.10-15
1. Eggs Benedict
2. Greek Omelette
3. Mexican Omelette
4. Avocado Egg Toast
5. Goat Cheese and Fresh Herbs Omelette

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11. Cobb Salad
12. Basic Deviled Eggs
13. Guacamole Deviled Eggs
14. Bacon and Cheddar Deviled Eggs
15. Avocado Ranch Deviled Eggs
16. Mexican Deviled Eggs
17. Italian Deviled Eggs

*1 egg = 3 tbsp. egg substitute = 3 tbsp. egg whites
1. EGGS BENEDICT
Serves 1

INGREDIENTS:
• 2 large eggs, soft boiled
• 4 slices bacon or 2 slices Canadian bacon cooked
• 1 English muffin, split & toasted
• salt and pepper to taste
• 1 tsp. fresh parsley, chopped (optional)

Hollandaise sauce:
• 4 tbsp. butter, melted
• 2 egg yolks
• 2 tsp. lemon juice
• 1 pinch salt

DIRECTIONS:
1) Top each half of the English muffin with bacon and an egg. Set aside.

2) In a microwave-safe bowl, whisk egg yolks, lemon juice, and salt, very well. Slowly pour in melted butter, whisking continuously. Microwave for 15-20 seconds and whisk.

3) Ladle Hollandaise sauce over each English muffin. Garnish with parsley and serve.
2. GREEK OMELETTE
Serves 1

INGREDIENTS:
• 2 large eggs
• 2 tsp. spinach, chopped
• 2 tsp. feta cheese
• salt and pepper to taste

DIRECTIONS:
1) Mix eggs with spinach, feta, salt, and pepper.
2) Evenly distribute into 2 Egglettes. Do not fill above the fill line.
3) Bring water to a boil and cook for 13-15 minutes. Place in pot carefully. Remove from water and let cool until desired temperature. Plate and serve.

3. MEXICAN OMELETTE
Serves 1

INGREDIENTS:
• 2 large eggs
• 1 tsp. red pepper, minced
• 1/2 tsp. parsley, minced
• 1 tsp. salsa
• 1 tsp. Monterey Jack cheese, shredded
• salt and pepper to taste

DIRECTIONS:
1) Mix eggs with red pepper, parsley, salsa, cheese, salt, and pepper.
2) Evenly distribute into 2 Egglettes. Do not fill above the fill line.
3) Bring water to a boil and cook for 13-15 minutes. Place in pot carefully. Remove from water and let cool until desired temperature. Plate and serve.
5. GOAT CHEESE AND FRESH HERBS OMELETTE

Serves 1

INGREDIENTS:
• 2 large eggs
• 1 tbsp. goat cheese
• ½ tsp. parsley, minced
• ½ tsp. chives, minced
• salt and pepper to taste

DIRECTIONS:
1) Mix eggs with goat cheese, parsley, chives, salt, and pepper.
2) Evenly distribute into 2 Egglettes. Do not fill above the fill line.
3) Bring water to a boil and cook for 13-15 minutes. Place in pot carefully. Remove from water and let cool until desired temperature. Plate and serve.

4. AVOCADO EGG TOAST

Serves 1

INGREDIENTS:
• 2 large eggs, soft boiled
• 1 avocado, peeled & mashed
• 2 slices multi-grain bread, toasted
• salt and pepper to taste

DIRECTIONS:
1) Spread mashed avocado over both pieces of toast.
2) Top with egg. Sprinkle with salt and pepper.
6. CLASSIC EGG SALAD

Serves 2

INGREDIENTS:
• 4 large eggs, hard boiled
• 2 tbsp. mayonnaise
• 1 stalk celery, finely chopped
• 1 scallion, finely chopped
• ½ tbsp. dijon mustard
• salt and pepper to taste

DIRECTIONS:
1) Chop the eggs into bite-sized pieces and place in a bowl.
2) Add remaining ingredients. Mix well. Plate and serve.
7. CHEF’S SALAD
Serves 2

INGREDIENTS:
- 4 large eggs, hard boiled and sliced
- 1 head iceberg lettuce, washed and chopped
- 2 oz. ham, diced
- 2 oz. turkey, diced
- 2 oz. Swiss cheese, diced
- 2 oz. cheddar cheese, diced
- 2 carrots, sliced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup of your favorite dressing
- salt and pepper to taste

DIRECTIONS:
1) Arrange 2 bowls with lettuce, tomatoes, carrots, ham, turkey, Swiss & cheddar cheeses.
2) Top with sliced eggs and season with salt & pepper to taste.
3) Pour dressing over both salads and serve.
8. CREAMY BACON CHEESE EGG SALAD

Serves 2

INGREDIENTS:
• 4 large eggs, hard boiled
• ¼ cup plain greek yogurt
• ¼ cup bacon, crumbled
• ¼ cup cheddar cheese, shredded
• salt and pepper to taste

DIRECTIONS:
1) Chop the eggs into bite-sized pieces and place in a bowl.
2) Add remaining ingredients. Mix well. Plate and serve.

9. PESTO DIJON EGG SALAD

Serves 2

INGREDIENTS:
• 4 large eggs, hard boiled
• ¼ cup mayonnaise
• 1 celery stalk, diced
• 1 scallion, diced
• 1 tbsp. Dijon mustard
• 1 tbsp. pesto
• salt and pepper to taste

DIRECTIONS:
1) Chop the eggs into bite-sized pieces and place in a bowl.
2) Add remaining ingredients. Mix well. Plate and serve.
11. COBB SALAD

Serves 2

INGREDIENTS:
• 4 large eggs, hard boiled and chopped
• 1 avocado, chopped
• 6 oz. grilled chicken breast, diced
• ½ cup red onion, diced
• 6 pieces bacon, chopped
• ¼ cup blue cheese dressing
• 1 head romaine lettuce, washed and chopped
• salt and pepper to taste

DIRECTIONS:
1) Combine all ingredients in a bowl and serve.

10. HEALTHY AVOCADO EGG SALAD

Serves 2

INGREDIENTS:
• 4 large eggs, hard boiled
• 1 avocado, peeled & mashed
• 1 tbsp. fresh lemon juice
• 2 tbsp. red pepper, chopped
• salt and pepper to taste

DIRECTIONS:
1) Chop the eggs into bite-sized pieces and place in a bowl.
2) Add remaining ingredients. Mix well. Plate and serve.
Deviled Eggs

Serves 2

INGREDIENTS:
- 4 large eggs, hard boiled
- 2 tbsp. mayonnaise
- 1½ tsp. yellow mustard
- salt and pepper to taste
- 1¼ tbsp. paprika

DIRECTIONS:
1) Slice across the flat side of each egg. Make a small slice on the round end so the egg will stand up straight. Set aside.
2) Remove the yolks and place in a bowl.
3) Using a fork, mash the yolks. Add mayonnaise, mustard, salt, and pepper. Mix until smooth.
4) Fill each egg white with egg mixture. Sprinkle the tops with the remaining paprika and serve.
13. GUACAMOLE DEVILED EGGS

Serves 2

INGREDIENTS:
• 4 large eggs, hard boiled
• 1 1/2 tbsp. avocado
• 1-2 tsp. red onion, minced
• 1 1/2 tbsp. mayonnaise
• 3/4 tsp. yellow mustard
• 1 tsp. lime juice
• salt and pepper to taste

DIRECTIONS:
1) Slice across the flat side of each egg. Make a small slice on the round end so the egg will stand up straight. Set aside.
2) Remove the yolks and place in a bowl.
3) Add the avocado and, using a fork, mash well. Add 1 tsp. onion, mayonnaise, mustard, lime juice, salt, and pepper. Mix until smooth.
4) Fill each egg white with egg mixture. Sprinkle the tops with a bit of onion and serve.

14. BACON AND CHEDDAR DEVILED EGGS

Serves 2

INGREDIENTS:
• 4 large eggs, hard boiled
• 2 tbsp. mayonnaise
• 2 pieces bacon, crumbled
• 2 tbsp. cheddar cheese, finely shredded
• 1 tsp. mustard
• salt and pepper to taste

DIRECTIONS:
1) Slice across the flat side of each egg. Make a small slice on the round end so the egg will stand up straight. Set aside.
2) Remove the yolks and place in a bowl.
3) Add the mayonnaise, bacon, cheese, and mustard to a bowl. Using a fork, mix until smooth. Season with salt and pepper to taste.
4) Fill each egg white with egg mixture and serve.
15. AVOCADO RANCH DEVILED EGGS
Serves 2

INGREDIENTS:
- 4 large eggs, hard boiled
- 1 1/2 tbsp. avocado
- 1 1/2 tbsp. mayonnaise
- 1 tsp. ranch seasoning
- 1/2 tsp. lemon juice

DIRECTIONS:
1) Slice across the flat side of each egg. Make a small slice on the round end so the egg will stand up straight. Set aside.
2) Remove the yolks and place in a bowl.
3) Add the avocado, mayonnaise, seasoning, and lemon juice to a bowl. Using a fork, mix until smooth.
4) Fill each egg white with egg mixture and serve.

16. MEXICAN DEVILED EGGS
Serves 2

INGREDIENTS:
- 4 large eggs, hard boiled
- 2 tbsp. mayonnaise
- 1 tsp. Monterey jack cheese, shredded
- 1 tsp. taco seasoning
- 1-2 tsp. red onion, minced
- 1 tsp. lime juice
- 1/2 tsp. sriracha sauce (optional)

DIRECTIONS:
1) Slice across the flat side of each egg. Make a small slice on the round end so the egg will stand up straight. Set aside.
2) Remove the yolks and place in a bowl.
3) Add the mayonnaise, cheese, seasoning, red onion, and lemon juice to a bowl. Using a fork, mix until smooth.
4) Fill each egg white with egg mixture. Top them with a drop of sriracha sauce and serve.
17. ITALIAN DEVILED EGGS

Serves 2

INGREDIENTS:

- 4 large eggs, hard boiled
- 2 tbsp. mayonnaise
- 1 tsp. pesto
- 2 tsp. romano cheese, grated
- ¼ tsp. garlic powder
- ¼ tsp. fresh parsley, minced
- ½ tsp. black pepper
- 1-2 tsp. sundried tomatoes (optional)

DIRECTIONS:

1) Slice across the flat side of each egg. Make a small slice on the round end so the egg will stand up straight. Set aside.
2) Remove the yolks and place in a bowl.
3) Add the avocado and, using a fork, mash well. Add mayonnaise, pesto, cheese, garlic powder, parsley, and pepper. Mix until smooth.
4) Fill each egg white with egg mixture. Top them with sundried tomatoes and serve.
Quick Start Guide

1. Wash Egglettes in warm, soapy water. Dry. **Thoroughly and evenly** coat the entire inside with cooking spray or oil. Remove excess.

2. Add an egg or egg recipe of choice and twist lid on.

3. Fill pot with 3” – 4” of water and heat to a **rolling boil**. Add Egglettes. Refer to Page 6 for cooking times.

4. Remove carefully after cooking. **Hard Boiled**: Place in cool water or let cool on counter. **For Omelette and Soft Boiled**: Let sit for a few minutes before serving.

5. To remove egg, run tip of spoon around inside of cup between the egg and Egglettes, to release.

**NOTE**: Use caution when handling. Product and content will be hot.