



Imitation Egg Recipes

Ingredients:

*Country Sunrise Imitation Scrambled Egg and Omelet Mix**



Preparation:

Freeze Ahead

- *Scrambled Eggs and Omelets* may be prepared and frozen to be eaten at another time.
- Defrost and warm in the microwave for approximately 1-2 minutes.

Mock Egg Salad

- Chop *Scrambled Eggs* and add *Miracle Whip***, sweet relish, onions, celery, and spices.

Potato Salad

- Chopped prepared *Scrambled Eggs* can also be added to potato salad.

French Toast

- Recipe on *Country Sunrise Imitation Scrambled Egg and Omelet Mix* package.

Batter Fried Veggies

- Use mushrooms, eggplant, zucchini, yellow summer squash, sweet potatoes, onion rings, corn, etc.
- Prepare *Eggs*, dip and coat veggies, and fry in oil in fry pan. Use at least 1" of oil for mushrooms and onion rings.
- Enjoy dipped in pink sauce (a mixture of *Miracle Whip* and ketchup).
- Veggie patties, like eggplant or squash, can be browned in just a lightly oiled pan. They're great with an Italian tomato sauce.

Dessert Fruit Crepes

- Add sufficient water to make thin batter.
- Pour into frying pan, brown on both sides.
- Remove from pan, fill with fruit, roll, and top with whipped topping.

Oriental Fried Rice

- Scramble *Eggs* and then add to rice mixture.

Baked Oven Casserole

- Add prepared 2-3 *Egg Mixture* to sliced or shredded potatoes and veggies.
- Add onions, salt, and seasonings to taste.
- Blend and bake in the oven at 350°F.

The Perfect Egg Replacer

- Add when baking to replace eggs. When in doubt, add 1 *Egg* more than what is called for in your recipe.

* PKU Perspectives

** Kraft