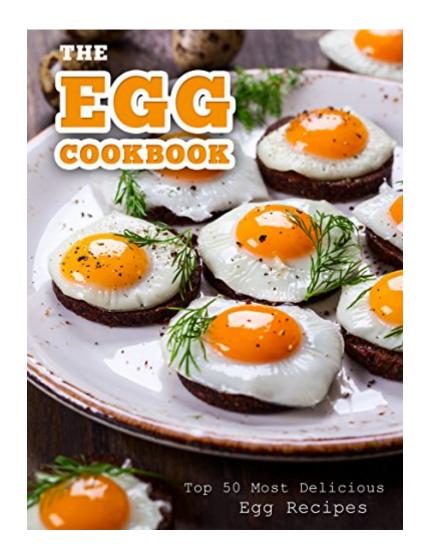
The book was found

The Egg Cookbook: Top 50 Most Delicious Egg Recipes (Recipe Top 50's Book 82)





Synopsis

Fry them, boil them, and scramble them! From appetizers to dessert, eggs are one of the most versatile and crucial ingredient in your kitchen. These babies are often used for breakfast, but are so delectable that they can be used in any type of meal, prepared in a variety of ways. Its smooth and velvety texture is absolutely incredible. Don't Believe the Hype, Eggs are Good for You!Contrary to popular belief, egg is among the most nutrition dense foods in the planet. It is possibly the worldâ TMs perfect protein source. Eating few eggs a day is perfectly healthy. Eggs contain huge amounts of dietary cholesterol, but not that bad cholesterol that many of us avoid in our everyday diet. It is even said that eggs, even eaten at large quantities, has no link to heart disease. In fact, it actually had decreased the instances of stroke. Besides protein, eggs contain lutein which is great in maintaining optimal eye health. So if you love eggs and you want to have it at any moment, youâ ™ve come to the right place. Weâ ™ve got you covered. However you like your eggs, this book contains 50 special, easy to follow, mouthwatering egg recipes. Try them and you are never going to look at eggs the same way again. Tags: egg cookbook, egg recipes, egg recipe book, egg breakfast recipes, egg breakfast cookbook, egg deserts, egg dinner recipes, cooking with eggs, recipes for eggs, scrambled egg recipes, frittata recipes, omelet recipes, poached egg, egg casseroles, egg book, egg cooking book.

Book Information

File Size: 4826 KB

Print Length: 125 pages

Simultaneous Device Usage: Unlimited

Publisher: Otherworld Publishing (April 1, 2015)

Publication Date: April 1, 2015

Sold by: A Digital Services LLC

Language: English

ASIN: B00VKVK1ZW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #134,741 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #27

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Meals > Breakfast #58 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Breakfast #94 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Natural Foods

Customer Reviews

Eggs are pretty simple things. But there really is a world out there beyond fried, scrambled and boiled. This is a book that opens the door to that world of expanding how one uses eggs in what appear to be very delicious ways. For once, the cover does not deceive the reader - the contents sound just as good as what the cover depicts. And as a bonus, the table of contents is clickable. The author is correct that recent studies have not linked cardiovascular disease or stroke to egg consumption per se. But many of these recipes also include ingredients high in saturated fat which does: Heavy cream, butter, bacon, sausage, cheese (also high in sodium), cream cheese, etc. So while eggs alone are probably fine, these recipes should used in moderation. (As frustrating as that might be.) There a few proofreading errors in the book which can make some recipes difficult to decipher. Extra or missing letters and words, misplaced punctuation, misstated ingredient amounts, missing ingredients (no hot for the hot & sour soup) which should be easily fixed. All in all, the book is well done with ideas that certainly never occurred to me. Reading it on an empty stomach, however, is likely to prompt a raid on the kitchen.

I don't use eggs that much so I am always on the lookout for any gteat recipes for preparing them. Now these recipes are really delicious or at least I find some of them that way. Thank you and enjoy your day.

I raise chickens so to have so many ways to have eggs is marvelous.

Very usefull !!!! Never know you can cook eggs in so many ways !!!!

its good but I was hoping it had eggs Benedict in it.

I do not like cookbooks in kindle form. You can't see what to expect for an ending result, w/o pictures.

When I get the opportunity to, I enjoy making something really beautiful. It does a lot for the spirit.

You can never have too many good DIY books in your library

Download to continue reading...

My First Bilingual Book–A Day (English–Vietnamese) WHO YA GONNA CALL?-The Kid's Directory for Self Help (Bluffton Book) Jenny's Winter Walk: A Kids Yoga Winter Book Maria Explores the Ocean: A Kids Yoga Book Sex is a Funny Word: A Book about Bodies, Feelings, and YOU Adults Who Color Christmas Edition: An Adult Coloring Book Featuring Holiday Inspired Art, Including Whimsical Christmas Tress, Snowflakes, and Gifts Machine Learning with R Cookbook -110 Recipes for Building Powerful Predictive Models with R Programming ArcGIS with Python Cookbook - Second Edition Bea Gives Up Her Pacifier: The book that makes children want to move on from pacifiers! Nervous Nellie: A Book for Children Who Worry PHP and MySQL Programming for Beginners: A Step by Step Course From Zero to Professional (Programming is Easy Book 5) SQL: Beginner's Guide for Coding SQL (database programming, computer programming, how to program, sql for dummies, java, mysql, The Oracle, python, PHP, ... (HTML, Programming, Coding, CSS Book 7) Christmas Coloring Book HAPPY CHINESE NEW YEAR. Kids Coloring Book.: Children Activity Books with 30 Coloring Pages of Chinese Dragons, Red Lanterns, Fireworks, Firecrackers, ... 3-8 to Celebrate Their Fun Chinese New Year! Peppa's Easter Egg Hunt (Peppa Pig) LEARN IN A DAY! DATA WAREHOUSING. Top Links and Resources for Learning Data Warehousing ONLINE and OFFLINE: Use these FREE and PAID resources to Learn Data Warehousing in little to no time Adobe Illustrator CC Classroom in a Book (2015 release) Powerful Prayers in the War Room: Learning to Pray like a Powerful Prayer Warrior (Battle Plan for Prayer Book 1) July Fourth Cheer: A Rhyming Picture Book for Children about the Fourth of July, July 4th Cheer and Family Fun on the Fourth of July Adobe InDesign CC Classroom in a Book (2015 release)

<u>Dmca</u>