

CTI wishes everyone a wonderful Happy Easter!

Are you using eggs to celebrate this season? Maybe you are coloring eggs with the little ones, hiding them for the big hunt or as a side dish in the holiday meal (deviled eggs – yummy). Check out the recipe below for Mamma Craft's Angeled Eggs. Eggs can be used in many application but did you know they also offer many **nutritional** and health benefits. CTI regularly provides testing of eggs for **Xanthophylls (Lutein and Zeaxanthin)** to many large and privately owned companies. **Lutein** and **Zeaxanthin** are most commonly found in dark-green leafy vegetables, such as spinach. Hens that are fed a diet containing yellow corn, alfalfa or marigold-petals, which are rich in **xanthophylls**, deposit them in the egg yolk. *Research has shown due to the egg yolk's fat content, the yolks **lutein** and **zeaxanthin** may be more readily absorbed by the body than from other sources. **Lutein** and **Zeaxanthin** may reduce the risks of eye disease such as age-related macular degeneration. Many scientists believe high levels of **lutein** and **zeaxanthin** may help to protect the eye.

CTI Nutrition Lab test for a wide range of **carotenoids** and other **pigments** (crocetin, curcumins, bixin and norbixin).

Mamma Craft's Angeled Eggs

6 large eggs
2 tblsp **Miracle Whip** or mayonnaise
1 tsp yellow mustard
1 tsp apple cider vinegar
1/2 tsp sugar
1/8 tsp salt
pinch of black pepper
Paprika

Place eggs in cold water with some salt and bring to a boil.
Simmer for 2 min and turn off heat
Allow to set with lid on for 20 min
Pour off water and rinse under cold water immediately
Peel eggs and cut in half length-wise
Transfer yolks to a medium size bowl
Place the egg whites on a platter

Mix Miracle Whip, mustard, cider, sugar, salt and pepper in a small bowl.
Mash the egg yolks with a fork and add the ingredient mix
Momma Craft says taste the mix to see if it is tangy enough or too dry
if it is too crumbly, add some Miracle Whip
if it is not tangy, enough add some vinegar
if it is bland, add more salt
Whip the egg yolk mix up and spoon into the egg whites
Sprinkle the eggs with paprika for color

Mamma Craft is Dr. Neal Craft's mother.
*<https://www.incredibleegg.org>