

### Available Now...

#### Eggs

In Colorado, 4.2 million hens lay more than one billion eggs each year.



#### Tips & Nutrition

The incredible edible egg packs a lot of nutrition in a small package. One egg has 13 essential vitamins and minerals, high-quality protein and antioxidants, all for 70 calories.

#### Fun Fact:

The surface of an egg shell has more than 10,000 pores.



### Fresh Inspirations...

#### Banana Apple Paleo Pancakes

##### Ingredients

- 2 Honeycrisp Apples, shredded
- 2 Bananas, peeled and rough chopped
- 3 Eggs
- 3/4 Cup Almond Meal Flour
- 1 Tsp. Cinnamon
- 1 Tbsp. Vanilla Paste
- 2 Tbsp. Brown Sugar

##### Directions

Preheat cast iron skillet or griddle on medium heat for 10 minutes. In a medium-sized stainless steel bowl add the rough chopped bananas and mash until about half mashed and half chunks. Wash apples then shred and add to the banana mixture. Add eggs, almond flour, cinnamon, vanilla paste and brown sugar. Mix well and allow to sit so the flour can absorb some of the moisture and make a thicker batter. Lightly spray skillet or griddle with cooking spray. Keep heat on medium and use about 1/2 cup of batter to make each pancake. Cook on the first side until fully set, about 5-7 minutes, and then flip and cook the other side until done. Serve with honey and yogurt on top.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District and 5280 Culinary, LLC

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

Next Month... **Colorado Lamb**