

Cain's Corner

MARY ALICE CAIN, M.S., R.D., L.D.

Nutrition Tips from USAPEEC's
Registered Dietician



browned butter blueberry muffins



"Everything in moderation"...a dietitian's favorite phrase! And that includes these [wonderful blueberry muffins from Joy the Baker](#) that are practically dessert. Browning the butter is the trick here – it lends a rich, nutty flavor. These muffins (recipe below) are the perfect example of the amazing functionality benefits of the egg: color, richness, leavening, humectancy, fortification, texture, and flavor (just to name a few!).

Did you know? Eggs are among the most nutritious foods on the planet and a fantastic source of protein. A single egg contains 14 essential nutrients including vitamins A, B, D, and E, as well as being a source of calcium, selenium, and iodine. Along with six grams of protein, eggs are one of the most nutritious foods available globally. *Source: World Egg Day*