
THE CrossFit *kitchen* K I D S

HARD-BOILED HEARTS

by Shirley Brown and Alyssa Dazet

[Sweet Cheeks Headquarters](#)

overview

We have gingerbread houses for Christmas, barbecued fare on the Fourth of July, turkey for Thanksgiving, chocolate bunnies for Easter and cake on your birthday—but what about Valentine's Day? Start a new tradition and serve heart-shaped food! Your kids (and spouse) will get a kick out of these cute eggs.



ingredients

3 eggs

supplies

24 index cards

3 round chopsticks

6 rubber bands

notes

Serve your kids 1-2 eggs alongside chopped strawberries and walnuts for a festive flash of red color!

directions

1. Cover the eggs with water in a pot. Place on the burner and boil for 12 minutes.
2. As the eggs are cooking, divide the index cards into 3 piles of 8 cards. Fold the cards in half the long way.
3. Once the eggs are done, remove from the burner, dump boiling water and fill the pot up with cold water to cool down the eggs.
4. Working while the eggs are still hot, shell them.
5. Place one egg in the center of a pile of index cards. Press a chopstick lengthwise into the egg. Tightly wrap a rubber band around either side of the chopstick, attaching it tightly to the index cards. Repeat this step with each of the eggs.
6. Place the eggs in the refrigerator for 30 minutes.
7. After 30 minutes, remove the rubber bands and index cards.
8. Cut the eggs in half and enjoy your hard-boiled hearts!