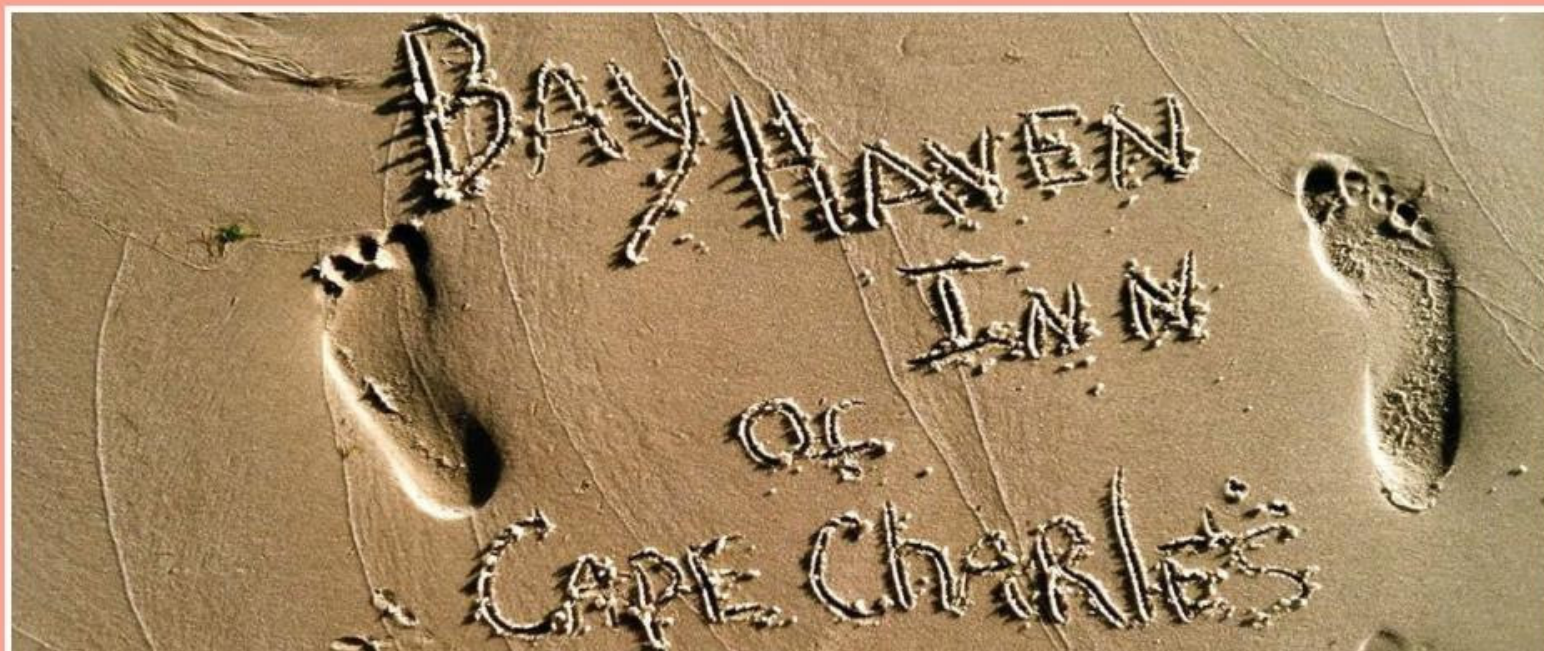


An update from your innkeepers at [Bay Haven Inn of Cape Charles](#).

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Have a fantastic Easter weekend!

Escape to the Eastern Shore of Virginia for Springtime Fun



Spring is here, and that means the Eastern Shore of Virginia is gearing up for a slew of **fun activities** perfect for weekend getaways. Here's our top picks of what's happening in the next few weeks.

Blessing of the Fleet, April 15, 2016

Historic Virginia Garden Week, April 23-30, 2016

[Read More](#)

Ride your way around Cape Charles



Spring is here, and Cape Charles is bursting into warm-weather activities. Walking and driving aren't the only way enjoy springtime around Cape Charles, though! You can indulge in the sights and sounds of the Eastern Shore of Virginia by kayak, by golf cart, by horseback, or by bicycle.

(Check out the bird's-eye view--or should we say Gordon-eye view-- of historic Cape Charles, VA in the photo above. Gordon Campbell has an amazing studio filled with the most majestic aerial images of the Eastern Shore. Check him out at [At Altitude Gallery](#), or visit their studio the next time you're in Cape Charles. Gordon's work is AMAZING!)

[Read More](#)

Meet Your Breakfast Matchmaker



One of the greatest rewards of being The Breakfast Matchmaker is watching the friendships form after breakfast is over. I often see the guests sitting on the porch together, glass of wine in hand, chatting and enjoying the company of one another. They sometimes exchange emails, so they can stay in touch. I even have a couple who met at the inn, and travel back each year, meeting up with one another, like a reunion.

[Read More](#)

Fluffy Egg Soufflé



Ingredients:

1-cup eggbeaters

1-cup egg whites

2 Tbsp Water

1 Tbsp Mrs. Dash (we use Fiesta Lime or Table Blend, based on your taste preference)

1 Tbsp ground mustard

1/2 tsp salt

1/4 tsp pepper

1/2 cup diced peppers (green, red and yellow make it very colorful)

1/2 cup diced tomatoes (optional)

1/2 cup diced meat (leftover bacon, sausage, ham works well, if you use ham add some pineapple, yum!)

1/2 cup diced or shredded cheese (we experiment white cheddar & gouda or extra sharp cheddar & Monterrey Jack, etc...)

1/4 cup diced onion (Vidalia or Spanish)

1/2 cup left over cornbread crumbled or frozen shredded hash browns

Directions:

Mix first 7 ingredients in a measuring cup, set aside. Spray 4 ramekins thoroughly with cooking spray (or you can grease with butter).

Begin layering ingredients beginning with cornbread or hash browns on bottom, then half of the cheese (reserve remaining for top layer), layer peppers, onions and tomatoes (if desired).

Add final layer of cheese. Whisk wet ingredients and pour over mixture until all ingredients are covered well with mixture.

Place on a foil lined baking pan and place in a 350-degree pre-heated oven. Cook for 35 minutes, longer if you want a crispy brown top. Once in the oven, do NOT peek! Only open the oven door when you are removing soufflés.

Serve directly to the table, using caution, with the hot ramekins. Or remove from ramekin by holding with a pot holder and using a paper towel to turn the out the soufflé and place on a lightly dressed bed of fresh salad greens.

Serves 4. (Can be made the night before and refrigerated then baked the morning you are using them.)

Questions? Email Tammy at Tammy@BayHavenInnbnb.com.



Did you know we're on Instagram?
Check us out at [@bayhaveninn](https://www.instagram.com/bayhaveninn)! And
if you post a photo from your Cape
Charles getaway, feel free to share it

with the following hashtags:
#CapeCharles #BayHavenInn

[Book Your Room Now](#)



Spring has arrived at Bay Haven Inn of Cape Charles! Don't you want to arrive here too?

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Our mailing address is:

403 Tazewell Ave, Cape Charles, VA 23310

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