

Avocado Egg Salad

- 2 eggs
- 2/8 ripe avocado
 - substitute or add Avocado mayo
- 2 teaspoons lemon juice
- 1 tablespoon finely diced red onion
- 1 tablespoon finely diced celery
- 1 tablespoon finely diced radish



1. Place eggs in the bottom of a stainless-steel pot, add enough water to come one inch above the eggs. Bring to a boil, shut off the heat, pop on the lid and set your timer for 10 minutes.

2. In the meanwhile, set up an ice bath by filling a large bowl with ice cubes and cold water. Once the timer goes off, use a slotted spoon to remove the eggs from the pot and place into the bath.

3. Once the eggs are cool enough to handle, peel off the shells. Slice four of the eggs in half, pop out the yolks (you can save them for another time) then chop. Slice the remaining eggs in half, and chop up with the yolks.

4. Scoop avocado into a bowl and add lemon juice and a pinch of salt. Using the back of a fork, mash the avocado against the side of the bowl until its smooth and creamy.

5. Add the chopped eggs and egg whites into the bowl, along with the onions, celery, radish, dill, salt and pepper. Gently stir everything together.

6. Transfer to an airtight container or enjoy in a coconut wrap, lettuce wrap or on top of a greens salad.

