

BRAIN HEALTHY COOKING FOR ONE

the adventurous

LIGHT AVOCADO EGG SALAD

4 Eggs

1/2 Avocado, peeled and pitted

1/8 CUP chopped Green Onion
(optional)

1/2 TSP Yellow Mustard

1/8 TSP Paprika

Black Pepper to taste

Spice of Life to taste

1. Place eggs in a saucepan and cover with water. Bring to a boil, remove from heat, and let eggs stand in hot water for 15 minutes.

2. Remove eggs from hot water, cool under cold running water, and peel. Chop eggs and transfer to a salad bowl.

3. Mash avocado in a separate bowl using a fork. Mix mashed avocado, yellow mustard, and paprika into eggs until thoroughly combined. Season with black pepper & Spice of Life.

Save your leftovers for another day.

