

Egg Salad  
by: Unicornbeauty

Ingredients:

2 eggs, hardboiled  
1 tbsp light mayonnaise  
1 tbsp plain greek yogurt  
3 pickles, chopped  
Onion powder, dash  
Garlic powder, dash

Instructions:

1. Chop egg to desired consistency
2. Mix in spices, pickles, greek yogurt and light mayo
3. Serve on toast, in hallowed mini sweep pepper, tomato, etc.

Serving: 1

NOTE:

If you want to make additional servings, simply multiply the number of ingredients by the number of servings.

Nutritional Information:

If including 3 mini sweet peppers - 255 calories  
Protein 15; Carbohydrates 13; Fat 16; Fiber 3

**Lively Kitchens, Inc.** (formerly Happy and Healthy Lifestyles)

Joyce Lande, Nutrition Advisor & Kitchen Nanny

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