



EGG SALAD

"A versatile protein dish perfect for a quick meal addition or party platter"



Ingredients

- 7 large hard boiled eggs, peeled and finely chopped
- ½ cup mayonnaise
- 1 tsp mustard
- ¼ cup green onions, finely chopped
- 2 stalks celery, finely chopped
- ½ tsp salt
- ¼ tsp pepper

Instructions

1. In a food processor or bowl, mix eggs with celery.
2. Add mayo, mustard, and seasonings. Mix well.
3. Top off with green onions, salt & pepper to taste.

Notes:

- *This recipe is low in carbohydrates and would be a great snack for preventing blood sugar spikes.*