

# AVOCADO DEVILED EGGS



## INGREDIENTS:

- 6 eggs
- 1 avocado
- 1/2 tsp salt
- Optional: cayenne pepper

## DIRECTIONS:

1. Hard boil 6 eggs
2. Peel eggs and slice them lengthwise
3. Remove the yolks, place 3 of the yolks, salt, and the avocado in a small bowl
4. Mash and mix the yolks and avocado until desired consistency
5. Add equal amounts of the avocado filling into the whites
6. Optional: top with cayenne pepper

Serve and eat immediately \*Avocado filling will brown after a few hours\*

Makes 12 | Macros for 1  
Calories: 40 | Protein: 3 g | Carbs: 1 g | Fat: 3 g | Fiber: 0 g