

SallyBee



Campaigning for people to "Season with Sense"



EGG-AVO-NAISE SALAD

 **Prep: 10 minutes**

 **Cook: 10 minutes**

 **Serves: 2**

INGREDIENTS:

- 4 eggs
- 1 ripe avocado
- 1 tablespoon low fat Greek yogurt
- Sprinkle **LoSalt**
- Freshly ground black pepper

METHOD:

1. Boil the eggs for 10 minutes to hard boil.
2. Plunge into ice water to cool and then peel the eggs.
3. Add the peeled, hardboiled eggs to a large bowl.
4. Next add the avocado, Greek yogurt, **LoSalt** and black pepper.
5. Mix together with a potato masher.
6. Serve in a sandwich or on top of a delicious salad.