



# Deviled Eggs

★★★★★  
template approved



prep time  
15 minutes



total time  
15 minutes



servings  
9

## Ingredients

- 9 hard boiled eggs, peeled (~9 servings of protein and 3 serving of fat)
- 1/2 cup or 140g plain nonfat Greek yogurt (~2 servings of protein)
- 2 tsp. yellow mustard
- 1 tsp. coconut aminos
- 1/4 tsp. garlic powder or minced garlic
- Salt and pepper, taste
- Optional topping: smoked paprika and chopped fresh parsley

## Instructions

- 1 Cut hard boiled eggs in half. Then remove yolks and set egg whites aside. Place the yolks in a food processor.
- 2 In the same food processor add the yogurt, mustard, coconut aminos, garlic powder and a little salt and pepper. Blend the ingredients until smooth. You may also use a blender.
- 3 Transfer yolk filling into a piping bag (you can also use a spoon).
- 4 Fill each egg white half with the yolk filling.
- 5 Top eggs with smoked paprika and parsley.



🍴 simple side dish

🍴 holiday favorite

Whole recipe serving breakdown:  
11 Servings Protein  
0 Servings Carb  
3 Servings Fat  
0 Servings Veggies

