Michele Sodon

## NUTRITION PER SERVING:

| | |
|---|---|
| **CALORIES** | 223 |
| **PROTEIN** | 26.9 G |
| **CARBOHYDRATE** | 2.4 G |
| **TOTAL FAT** | 10.3 G |

| | |
|---|---|
| **PREP TIME:** | 10 MINUTES |
| **COOK TIME:** | NONE |

| | |
|---|---|
| **YIELD:** | 3 SERVINGS |
| **SERVING SIZE:** | 1 SERVING |

## INGREDIENTS:

| | |
|---|---|
| **½ C** | COTTAGE CHEESE |
| **12** | HARD BOILED EGGS, HALF THE YOLKS DISCARDED |
| **1½ TBSP** | MUSTARD |
| **¼ C** | PAPRIKA |
| | SALT AND PEPPER TO TASTE |

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# HEALTHY EGG SALAD

YOU CAN PUREE THE COTTAGE CHEESE WITH A FOOD PROCESSOR IF DESIRED. YOU'LL BE AMAZED AT THIS HEALTHY EGG SALAD WITH NO MAYONNAISE. DON'T TELL ANYONE. THEY'LL NEVER KNOW. UNBELIEVABLY EASY TO MAKE AND A SUPER "GO-TO" HEALTHY LUNCH!

01 **OPTIONAL:** Puree cottage cheese in food processor to have a more mayo like consistency.

02 Mix cottage cheese, 6 egg yolks, and mustard together until well combined.

03 Add in hard boiled egg whites.

04 Stir, slightly chopping the hard boiled eggs into smaller pieces.

05 Add paprika.

06 Add in salt and pepper to taste.