



### NUTRITION PER SERVING:

<b>CALORIES</b>	223
<b>PROTEIN</b>	26.9 G
<b>CARBOHYDRATE</b>	2.4 G
<b>TOTAL FAT</b>	10.3 G

<b>PREP TIME:</b>	10 MINUTES
<b>COOK TIME:</b>	NONE

<b>YIELD:</b>	3 SERVINGS
<b>SERVING SIZE:</b>	1 SERVING

### INGREDIENTS:

<b>½ C</b>	COTTAGE CHEESE
<b>12</b>	HARD BOILED EGGS, HALF THE YOLKS DISCARDED
<b>1½ TBSP</b>	MUSTARD
<b>¼ C</b>	PAPRIKA
	SALT AND PEPPER TO TASTE



## 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.

