



Lifestyle Wellness Academy

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



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.

