

## ‘Jazzed Up’ Egg Salad (Lettuce Wraps or Sandwiches)



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Servings: 2

Prep & Cook Time: 20 minutes

### Ingredients

- 5 large Organic Eggs
- 3 Tablespoons Organic Mayo made with Avocado Oil
- 1 1/2 Tablespoon Organic Dill Pickle Relish
- 1/2-1 teaspoon Organic Dijon Mustard
- 1/3 stalk Organic Celery, minced
- 4 Tablespoons Organic Green Onions (avoid white part), minced
- 1 Tablespoon Fresh Organic Parsley, minced
- 1 large Avocado, sliced
- 1/2 large Organic Romain/Butter Lettuce Leaves, washed & patted dry OR 4 slices keto bread
- Dash Himalayan Pink Sea Salt
- Dash Organic Black Pepper
- Dash Organic Smoked Paprika

Instructions:

## 'Jazzed Up' Egg Salad (Lettuce Wraps or Sandwiches)

1. Carefully place eggs in a medium saucepan. Fill up the saucepan with enough water to fully cover the eggs.
2. Place the saucepan on your stove and set the temperature to High to bring the water to a boil.
3. Once the water is rolling boiling, turn off the heat completely, cover and leave the saucepan on the hot burner. Set the timer for 9 minutes.
4. When the timer goes off, place your saucepan in the sink and run cold water into the pan to cool the eggs down. After a few minutes, drain the water and carefully peel the eggs to remove the shells.
5. Place eggs in a medium mixing bowl and mash with a fork. Wash and chop the green onions, parsley, and celery and add to the mashed eggs. Add the mayo, pickle relish, and season to taste with salt, pepper & smoked paprika.
6. Rinse your lettuce leaves and pat dry. (Or if you're making sandwiches, slice 4 pieces of 'Gut Friendly' bread).
7. Save half the egg salad for another meal (tomorrow's lunch), and evenly divide the other half of the egg salad onto 2 lettuce leaves or 4 slices of 'Gut Friendly' bread. Top with a 1/2 avocado (sprinkled with salt, pepper & smoked paprika) sliced or mashed.
8. Enjoy!