

Avocado Egg Salad

4 SERVINGS 15 MINUTES



INGREDIENTS

6 Egg
1 Avocado
1 tbsp Dijon Mustard
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	192	Iron	2mg
Fat	15g	Vitamin D	62IU
Carbs	5g	Folate	77µg
Fiber	3g	Magnesium	24mg
Protein	10g	Zinc	1mg
Vitamin C	6mg		

DIRECTIONS

- 01 Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
- 02 In a bowl, mash and combine the chop boiled eggs, avocado, dijon mustard, lemon juice, salt and pepper.
- 03 Eat by itself or spread onto SCD compliant bread (recipe available in a more advanced stage). Enjoy!

NOTES

RECIPE ID 207

NOTE

Non-grain breads are introduced in later stages.