



Avocado Deviled Eggs

(makes two-dozen)

This recipe uses avocado instead of commercially prepared mayonnaise, which is usually full of unhealthy oils.

Ingredients:

- One dozen Eggs
- 2 avocados, sliced
- 1 lime, juiced
- ½ teaspoon of each of the following:
 - Cumin
 - Chili powder
 - Sea salt
 - Black pepper
 - Smoked paprika (plus a bit extra for garnish)

Method:

1. Place the eggs on top of a steaming basket inside a large pot with a tight-fitting lid. Steam for 20 minutes, then remove and submerge in ice water for 10 minutes.
2. Once cooled, slice the eggs in half and remove the yolks into a large mixing bowl.
3. Add avocado, lime juice and all spices – mix thoroughly.
4. Spoon the yolk/avocado mixture back onto the egg halves.
5. Garnish with a dusting of smoked paprika.

Cover and store in the frig for up to 3 days – enjoy!