

Egg Salad with Bell Peppers



SERVINGS: 1

PREPPING TIME: 8 MIN

COOKING TIME: 12 MIN
(FOR HARD BOILED EGGS)

INGREDIENTS

- 3 whole eggs, hard boiled and chopped
- 1/2 tbsp avocado oil mayonnaise
- 1/8 small red onion, diced
- 1 tbsp hemp hearts
- Salt and pepper to taste
- 1 Red bell pepper, sliced to scoop up egg salad
- 2 tbsp pumpkin seed kernels (served on the side)

DIRECTIONS

1. Mix together eggs, avocado oil mayonnaise, red onion, hemp hearts, salt, and pepper.
2. Serve with red bell pepper to scoop egg salad.
3. Also serve with a side of pumpkin seed kernels.

NUTRITION INFO

Calories: 468, Carbohydrate: 13 grams, Protein: 32 grams, Fat: 32 grams