

FUSION

FITNESS STUDIO

NUTRITION PER SERVING:

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| CALORIES | 223 |
| PROTEIN | 26.9 G |
| CARBOHYDRATE | 2.4 G |
| TOTAL FAT | 10.3 G |

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| PREP TIME: | 10 MINUTES |
| COOK TIME: | NONE |

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| 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.

