Avocado & Egg Fat Bombs and Deviled Eggs

Hands-on 10 minutes Overall 20 minutes

Nutritional values (per serving, 2 heaping tbsp/ 1 1/2 oz/ 40 g): Total carbs: 2.5 g, Fiber: 1.4 g, **Net carbs: 1.1 g**, Protein: 2.2 g, Fat: 14.8 g, Calories: 148 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 5 servings, ~ 3/4 cup)

3 large cooked egg yolks

1/2 large avocado, peeled and seed removed (100 g/ 3.5 oz)

1/4 cup mayonnaise (55 g/ 1.9 oz) - *you can make your own*

1 tbsp lemon *or* lime juice

1/2 tsp salt, or to taste

freshly ground black pepper

2 tbsp chopped spring onions *or* chives

Eat with:

freshly cut cucumber slices, bell peppers or crispy lettuce leaves

leftover cooked egg white halves (if making deviled eggs)

Instructions

1. Start by cooking the eggs. Fill a small saucepan with water up to three quarters. Add a good pinch of salt. This will prevent the eggs from cracking. Bring to a boil. Using a spoon or hand, dip each egg in and out of the boiling water - be careful not to get burnt. This will prevent the egg from cracking as the temperature change won't be so sudden. To get the eggs hard-boiled, you need round 10 minutes. This timing works for large eggs. When done, remove from the heat and place in a bowl filled with cold water. I like and always use this egg timer! When the eggs are chilled, peel off the shells.
2. Halve the avocado and remove the seed and peel. Cut the eggs in half and carefully - without breaking the egg whites - spoon the egg yolks into a bowl.
3. Place the avocado cut into pieces into a food processor and add the egg yolks, mayonnaise, lemon juice, salt and pepper. Process until smooth. Alternatively, mash with a fork until creamy and well combined. Enjoy with cucumber slices and spring onion on top, or ... ... fill up the egg white halves and make deviled eggs. To avoid browning, store in an airtight container and keep for up to 5 days.

Giveaway!

I'm giving away a copy of the Fat Bombs Book! Anyone can enter this giveaway - my cookbook can be shipped internationally. If you were to name 3 keto foods that you always have at home, what would they be? <!--IF_IBLOG

To enter this giveaway, you will have to open this post in a browser. ELSE-->

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