

## Deviled Eggs

7 or 8 Boiled Eggs, Cut In Half

Mash egg yolks then add the following:

1 T. Sugar (you might like it with 2 teaspoons, but I prefer a whole tablespoon.)

3 T Plain Yogurt Or Greek Yogurt

1 T. Mayo

1 T. Milk or more to moisten

¼ t. Garlic Powder

2 t. Prepared Mustard

¼ t. Onion Powder

2 Slices of pickled Jalapeno Pepper, Finely Chopped (optional)

Calorie counts are based on whole milk and full fat yogurt. The sauce alone, without egg yolks is 194 calories total. If you make 7 boiled eggs, there will be 100 calories per egg (2 halves). If using 8 eggs, it will be 94 calories per egg (2 halves).

## Paleo Deviled Eggs

To make deviled eggs when you're following the Paleo or Whole 30 diet plan, substitute the yogurt, milk and mayonnaise with 3 to 4 T drinkable coconut milk (comes in a carton) and 2 T canned coconut milk (which is thicker).

## Foolproof Boiled Eggs That Are Easy To Peel:

Place eggs in a pot of cold water. Cover and bring to a boil. It takes 4 to 6 minutes to get to boiling. When there is a good rolling boil, cover the pot and remove from heat. Let them sit for 18 minutes. Drain and run them under cold water until the water is no longer warming up from the heat in the eggs. Drain them and then shake the pot back and forth *a lot* to crack the shells. Then add more cold water so they continue to cool down. You'll be amazed how easily they peel! You can let them sit in the fridge uncovered for up to 2 days before you peel them. I haven't tried leaving them longer than that, but I would expect them to keep for a week if you cover them so they don't dry out.