

## AVOCADO EGG WHITE SALAD

### INGREDIENTS

- 18** Eggs (hard-boiled) (soaked in ice water) (peeled)
- 2** Avocados (cut in half) (stem & pit discarded)
- Garlic Salt
- Pepper to taste



### DIRECTIONS

- 1** Slice the hard-boiled eggs in half discarding the yolks
- 2** Grate egg whites into deep bowl & season with garlic salt & pepper
- 3** Use a 'soup' spoon to carve the avocado out of its shell & into a separate bowl
- 4** Add some garlic salt & mash the avocado with a fork
- 5** Blend the avocado mash with the egg white & mix thoroughly with a fork
- 6** Keep well covered in the refrigerator

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## PESTO EGG WHITE SALAD

### INGREDIENTS

- 18** Eggs (hard-boiled) (soaked in ice water) (peeled)
- 1C** Basil (fresh) (washed) (dried) (chopped)
- 3 cloves** Garlic (paper skin removed & brown tips cut off)
- 1/4 C** Pine nuts
- 1/4 C** Extra virgin olive oil
- Sea Salt to taste



### DIRECTIONS

- 1** Slice the hard-boiled eggs in half discarding the yolks
- 2** Grate egg white into deep bowl
- 3** In your processor, pulse garlic, pine nuts
- 4** Add basil & olive oil a little at a time to the processor & pulse
- 5** When all the basil & olive oil are in the processor, process the mix until it becomes a paste
- 6** Add basil paste to egg whites & mix well with a fork
- 7** Add sea salt to taste
- 8** Keep well covered in the refrigerator



### NOTE

You may omit step 3 if you have bought or made your own basil

