



Protein Packed Deviled Eggs



When I make this sometimes I just mash up the whole egg in the ingredients and eat as is or put on bread for a sandwich

Ingredients

4 Eggs (hard boiled)
1 Can Tuna (drained)
1/2 Avocado
1 stalk Green Onion
Sea Salt & Black Pepper
1/2 tsp Paprika
1/2 Cucumber (sliced)

Instructions

Once the eggs are cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.