

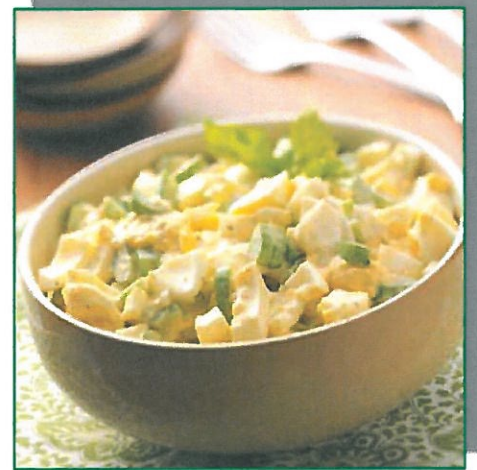


Wholesome Egg Salad

6 org. eggs, boiled, cooled, chopped
1 med. size green pepper or 1 stalk celery,
chopped
1 tsp. chopped parsley
2 1/2 Tbs. Mayonnaise (non-hydrogenated)
1 tsp your favorite mustard
2 med. pickles, chopped fine

Salt and pepper to taste

Combine all ingredients, sprinkle with parsley.



Can be served with your favorite gluten free crackers or whole grain, toasted pita chips.

Cut whole grain pita pocket in half, toast and stuff with egg salad.

Can also be served in 1/2 avocado shell. Slice some avocado on the side.

For a variation:

Chop 1/4 red pepper and add some feta cheese crumbles.

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