

Guacamole Deviled Eggs

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 4 whole medium or large organic eggs, hard boiled (approximately 9-10 minutes)
- 1 ripe avocado*
- 1/2 small tomato, finely chopped
- 1 garlic clove, finely chopped
- 2 tbsp, red onion, finely chopped
- 2 tbsp fresh cilantro, finely chopped
- 2 tbsp hemp hearts
- Juice of 1 lime
- Pinch of ground cayenne
- Dash of sea salt

Instructions:

1. Once the eggs have cooled, carefully remove the shell from the eggs. Slice lengthwise and pull each half apart separating the yolk from the egg white shell.
2. In a medium size bowl, mash together with a fork the egg yolks and avocado. Then mix in the tomato, garlic clove, red onion, cilantro, hemp hearts, lime juice, cayenne and sea salt. It will form a perfect deviled egg paste!
3. Carefully spoon in mixture to each egg white half. Sprinkle with cayenne or paprika!
4. You may have some leftover guac deviled egg paste. You could either boil more eggs so you have more egg white shells to fill or you could enjoy the leftovers with crackers, on toast or as a dip for veggies.

Notes:

*Got a giant size avo? Just use half of it. This recipe yields 8 deviled eggs.