



EASY BACON AVOCADO EGG SALAD

 3 portions

INGREDIENTS

- 2 avocados [402 g]
- 4 tablespoons of yoghurt, Greek, plain, nonfat **or** 4 tablespoons of yoghurt, Coconut, Dairy Free [60g]
- 1.5 tbsps of dijon mustard [21 g]
- 1 tsp of garlic powder [3 g]
- 4 large hard-boiled Eggs[200 g]
- 1/2 cup, chopped of onions, raw [80 g]
- 1 jalapeno, chopped [14 g]
- 1 tbsp of, dill [7 g]
- 3 rashers bacon, pork, fried, diced [84 g] **or** 5 rashers of bacon, turkey, fried, diced [80 g]
- lemon juice, to taste [6 g]

COOKING METHOD

- ^{1°} In a large bowl, mash up avocado with a fork so it becomes chunky. Then add in yogurt, Dijon and garlic. Mix it together and add more garlic or Dijon to taste.
- ^{2°} Fold in the remaining ingredients, being careful not to over mix – the salad should be chunky, with a lot of texture. Season to taste with sea salt & pepper, and if desired, freshly squeezed lemon juice.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [292 g]	% DRI
ENERGY	173 kcal	505 kcal	25 %
FAT	15 g	42 g	65 %
FATTY ACIDS, TOTAL SATURATED	3 g	9 g	45 %
CHOLESTEROL	93 mg	270 mg	90 %
SODIUM	119 mg	346 mg	14 %
CARBOHYDRATE	6 g	19 g	6 %
SUGARS	1 g	4 g	—
FIBER	3 g	10 g	41 %
PROTEIN	6 g	17 g	—