



www.robinbarrie.com | 917-648-1421 | rkaiden@robinbarrie.com

Green Egg Salad

INGREDIENTS

3 boiled egg whites
1/2 small avocado
salt and pepper to taste
squeeze of lemon juice
red chili flakes
4 sliced cherry tomatoes

PREPARATION

- 1 Chop up three egg whites in a bowl.
- 2 Mash in avocado with a fork.
- 3 Squeeze in the juice of a sliced lemon wedge. Add salt and pepper to taste, and red chili flakes if desired.
- 4 Spread on a rice cake, all grain bread, or place on top of a salad. Top with cherry tomatoes.
- 5 Feel free to add other chopped vegetables too, such as onion, pepper, celery, or even kale. Enjoy!!!

www.robinbarrie.com | 917-648-1421 | rkaiden@robinbarrie.com