

Creamy Deviled Eggs

Per Serving: 110 calories | 8g fat | 2g carbohydrates | 7g protein | 1 Healthy Fueling or 1 Fat | ¼ Protein



Ingredients

- 2 hard-boiled eggs
- 1 avocado
- ¼ cup diced red onion
- ¼ cup nonfat Greek yogurt
- 1 tablespoon lime juice
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cumin
- Salt to taste
- Paprika for garnish

Instructions

Cut boiled eggs in half lengthwise.
Scoop out yolks and mash them together with avocado.
Add onions, yogurt, lime juice, garlic powder, cumin, and salt.
Put mixture back into egg whites.
Garnish with paprika.