

## GREEK YOGURT DEILED EGGS

My family LOVES deviled eggs so I am always looking for a healthier way to make them. I love this recipe because it uses Greek yogurt instead of traditional mayo, which is made with unhealthy fats and has no nutritional value. Greek yogurt has twice the amount of protein and half the calories of regular yogurt.



### INGREDIENTS

- 12 hard-boiled large eggs, peeled
- 1/2 cup greek yogurt
- 3/4 tsp sea salt
- 1 tbsp country Dijon mustard
- 1 tbsp finely chopped chives
- 1 tbsp of chopped kalamata olives

### METHOD

1. Cut eggs in half lengthwise and pop yolks into a food processor, reserve whites.
2. Add yogurt and salt food processor and mix until smooth, scraping down the sides as needed.
3. Transfer yolk mixture to a medium bowl and stir in mustard, 1 tbsp chives, and 1 tbsp of olives to blend.
4. Set egg whites on a platter, hollow side up.
5. Scoop yolk mixture into egg. Sprinkle with more chives if you like.