



EASY BACON AVOCADO EGG SALAD

 3 portions

INGREDIENTS

- 2 avocados (402 g)
- 4 tablespoons of yoghurt, Coconut, Dairy Free (60g) **or** 4 tablespoons of yoghurt, Greek, plain, nonfat
- 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 tbsps of, dill (7 g)
- 5 rashers of bacon, turkey, fried, diced (80 g) **or** 3 rashers bacon, pork, fried, diced (84 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 %
PROTEIN	6 g	17 g	34 %
CARBOHYDRATE	6 g	19 g	7 %
SUGARS	1 g	4 g	4 %
FAT	15 g	42 g	61 %
FATTY ACIDS, TOTAL SATURATED	3 g	9 g	45 %
FIBER	3 g	10 g	41 %
SODIUM	119 mg	346 mg	14 %