

# Egg Salad Wraps

Makes 4 servings



In a large bowl, add the hardboiled eggs. With a fork, mash the eggs a few times each to break them up into smaller pieces.

Add the celery, cucumber, onion powder, mayonnaise, mustard, and paprika. Stir well to combine, making sure the dressing evenly coats the eggs.

Add pepper to taste. Serve in a lettuce wrap or on whole grain bread.

Enjoy!

## INGREDIENTS

6 hardboiled eggs shells removed and rinsed  
¼ cup chopped celery  
¼ cup chopped cucumbers  
2 tbsp avocado oil mayonnaise  
1 tbsp mustard  
½ tsp onion powder  
1 tsp paprika  
Black pepper to taste

## Nutrition Facts Per Serving (1 lettuce wrap)

Calories 172  
Carbohydrates 2 g  
Protein 10 g  
Total Fat 14 g  
Phosphorus 138 mg  
Potassium 143 mg  
Sodium 204 mg

