

Egg Salad Kids Love!

Burner: Medium to high heat

Pans: Medium sauce pan

6 Eggs, free-range

Fill $\frac{3}{4}$ of pan with water. Carefully place eggs into water. Gently boil for 20 minutes. Remove from hot water. Cool in cold water. Mash hard boiled eggs in a bowl until all are very little pieces.

3 Tbsp Mayonnaise (Veganise is the best)

$\frac{1}{4}$ cup pine nuts

$\frac{1}{4}$ cup Parmesan cheese, grated

$\frac{1}{4}$ tsp dried mustard (optional)

$\frac{1}{2}$ tsp parsley flakes, non-irradiated

Thoroughly mix into eggs. Serve on crackers or bread.

Options:

Add finely chopped celery and/or onion, sesame seeds

Replace pine nuts with slivered almonds

Add lettuce to sandwich

3 Naturally Sourced Colors: yellow, white, green

5+ Food Groups: eggs, EFAs, nuts, dairy, vegetables (Option: seeds)

"Eat God-made food for your God-made body."