



Egg Salad Kids Love

PREHEAT: 1 burner medium to high heat

PANS/EQUIPMENT: Medium saucepan

PREP TIME: 5 minutes

COOK TIME: 25 minutes

NUMBER OF SERVINGS: 4-6 or more depending on ages

6 Eggs, free-range

Fill 3/4 of pan with water. Carefully place eggs into water. Cover and gently bring to a boil. Remove from heat and let stand for 20 minutes. Remove eggs from hot water. Cool in cold water. Mash or slice hard boiled eggs in a bowl until all are very little pieces.



3 Tablespoons organic mayonnaise (Veganaise is the best)

1/4 cup pine nuts

1/4 cup Parmesan cheese, grated

1/4 teaspoon dried mustard (optional)

1/4 teaspoon parsley flakes, non-irradiated

Thoroughly mix into eggs. Serve on crackers or bread (whole grain, of course!)

OPTIONS: Add finely chopped celery and/or onion, sesame seeds. Replace pine nuts with slivered almonds. Add lettuce to sandwich.

3 GOD-MADE FOOD COLORS: Yellow, white, green

5+ FOOD GROUPS: Eggs, essential fatty acids, nuts, dairy, vegetables, + seeds option

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