



Egg, Avocado & Sprout Salad

Active Time: 15 minutes | **Total Time:** 15 minutes | **Serves:** 2

Nutrition Information Per Serving

368.2 calories, 10.91 g carbohydrate, 5.42 g fiber, 5.49 g NET carbs, 17.98 g protein, 29.76 g fat

Ingredients

- 2 slice(s) organic red onion
- 4 large(s) pastured eggs
- 1/4 tsp(s) sea salt
- 1/2 medium(s) organic avocado
- 2 cup(s) organic alfalfa sprouts
- 1/4 tsp(s) freshly ground black pepper
- 2 tsp(s) organic extra virgin olive oil
- 1 Tbsp organic balsamic vinegar
- 1 ounce organic raw sunflower seeds

Preparation

1. Add 6 cups of water to a medium pot and bring to a boil.
2. Add eggs, boil up to 10 minutes (for hard boiled).
3. Remove from heat, allow to cool.
4. Slice avocado and peel and quarter eggs.
5. In a small ramekin, mix oil, vinegar, salt and pepper.
6. Place clean sprouts on serving dishes. Top with onion, avocado, eggs and sunflower seeds.
7. Drizzle with dressing.
8. Serve.

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