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## Creamy Avocado Deviled Eggs Recipe

By Pete Evans | November 17<sup>th</sup>, 2017

### Ingredients

- 6 free-range organic eggs
- 1 avocado, chopped
- 2 tablespoons mayonnaise
- 1 1/2 teaspoons lemon juice
- 1 tablespoon finely chopped flat-leaf parsley leaves, plus extra roughly chopped, to serve
- Sea salt and freshly ground black pepper
- 1 to 2 tablespoons salmon roe

Serving Size: 12 deviled eggs

### Procedure

1. Fill a saucepan with water and bring to a boil. Reduce the heat to medium so that the water is rapidly simmering, then add the eggs and cook for 8 1/2 minutes. Drain and when cool, peel the eggs under cold running water. Allow the eggs to cool completely.
2. Slice the eggs in half lengthwise. Carefully remove the yolks from the whites and place the yolks in a bowl. Mash the yolks with a fork, add the avocado, mayonnaise, lemon juice and finely chopped parsley and whip with a spatula or wooden spoon until smooth and creamy.
3. Place the egg white halves, cavity-side up, on a platter and evenly spoon the avocado mixture into the cavities. Top each filled egg with 1/2 teaspoon of salmon roe and sprinkle over the extra parsley leaves.

### The Perfect Deviled Egg Starts With Free-Range Organic Eggs

When preparing any type of food, you must make sure to verify its source so that you can be assured that you're getting only the highest quality. This is very important when it comes to eggs and other animal products. Beware, as most eggs you see sold in supermarkets are derived from confined animal feeding operations (CAFOs), where animals are kept in dirty, cramped spaces and fed an unnatural diet. To ensure that you're getting only high-quality organic pastured eggs, find a local farmer who allows their hens to forage freely outdoors. Pastured eggs are a wonderful source of high-quality protein and healthy fats, as well as carotenoids like lutein and zeaxanthin. Choline, tryptophan, tyrosine and betaine are also beneficial nutrients found in eggs.

### An Avocado a Day Keeps the Doctor Away

While it's technically a fruit, here's one thing that sets avocado apart: It doesn't have very high levels of fructose, making it one of the safest foods to eat every day. In terms of health benefits, you'll be surely shocked: From protecting your heart and vision health to even promoting healthy skin, avocado certainly delivers. In fact, its benefits actually go beyond that.

This shouldn't come as a surprise, as avocados contain high amounts of healthy fats, fiber and protein, as well as essential vitamins and minerals, like B vitamins, folate, potassium and vitamin K. Many are still hesitant to include avocado in their meals, though, because of its high fat content. However, avocados actually have positive effects on cholesterol levels. One review found that people who consume this fruit have higher levels of good HDL cholesterol than those who don't.

Avocados may also help lower triglyceride levels.