



## Deviled Eggs

Ready for an easy, high-protein breakfast? This deviled eggs recipe is fun and versatile; you can decrease the calories with low-fat mayo and add whichever spices suit your fancy. Replace the sweet pickle relish with a hot chili sauce for an extra kick. A great way to get creative in the kitchen!

### Ingredients

10 eggs  
4 tbsp mayo  
2 tbsp sweet pickle relish  
1 1/2 tsp Dijon mustard  
Dash of tabasco  
1 pinch of salt  
2 tsp grated onion

### Preparation Process

Boil the eggs in a large saucepan until the water is bubbling, then turn off the heat, cover the pan and let the eggs soak in the water for 10 minutes

Remove the eggs from the pan and rinse them with cold water, then refrigerate until the eggs are completely cooled

Once cooled, peel the eggs and halve them lengthwise with a knife. Scoop out the yolk and place the yolks in a separate bowl

Thoroughly mash the yolks with a fork, then stir in the mayo, relish, mustard, tabasco, salt and onion and mix completely

Spoon the filling into the eggs, sprinkle the spice of your choice (I prefer paprika) and serve.

If you want to watch the video again. Click [here](#).