



Lakeland Natural Health

Guacamole Bacon Deviled Eggs

*Use Organic Ingredients when possible

Ingredients:

- 12 Hardboiled Eggs
- 2 Ripe Avocados
- 1/2 Tsp Kosher Salt
- 1 Tbsp Fresh Lime Juice
- 2 Tbs-¼ cup Minced Red Onion or thinly sliced Green Onion
- 1-2 Jalapenos, stems and seeds removed, minced (optional)
- 2 Tbsp Cilantro, finely chopped
- 1/2 Ripe Tomato, seeds and pulp removed, chopped
- 2-3 Slices Cooked bacon
- Dash of black pepper

Instructions:

Guacamole

1. Cut the avocados in half, removing the seeds. Score the inside of the avocados with a blunt knife and scoop out the flesh with a spoon. Place in a bowl.
2. Using a fork, roughly mash the avocado.
3. Sprinkle with salt and lime juice. Add in the chopped onion, cilantro, black pepper, and jalapenos.
4. Place plastic wrap on the surface of the guacamole to prevent air reaching it.

Hard Boiled Eggs with Guacamole

1. Peel and halve the hard boiled eggs.
2. Put the yolks in a mixing bowl, add guacamole and one slice of the chopped up bacon. Use a fork to mix until evenly distributed.
3. Use a piping bag to pipe mixture into the egg whites.
4. Crumple the remaining bacon, and sprinkle over the eggs.
5. Garnish with red chili flakes if desired.