

RECIPE "STARTER"

Diabetic
Friendly

Tom Gasper / Deviled Eggs

1. 6 Eggs Boiled 15min
2. ½ cup Mayo
3. 1-tbsp Dijon Mustard
4. 1-tbsp Sour Cream
5. ¼ tsp Cyan Pepper
6. 1-tbsp Parmesan Cheese (Grated)
7. 1/4tsp Salt (Sea Salt)
8. ¼ tsp Black or White Pepper
9. 1/4tsp Peprika



Chill eggs in ice/water after boiling for 10min before removing from the shell.

- ADD ONS:
1. You can add Chop Jalapeno Pepper for add kick.
 2. Top with chopped Black Olives.
 3. Fresh chives



OR



Trader Joe's
Whole Foods/Costco