

Stuffed eggs with avocado

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Ingredients

- Hard-boiled eggs
- A ripe avocado
- Lemon juice
- Olive oil
- Salts
- Coriander or roasted sunflower seeds for garnish

Instructions

1. Cut the hard-boiled eggs in half and remove the yolks. Mash the yolks with avocado, lemon juice, olive oil and salt. Fill the protein halves with the filling and decorate with cilantro or sunflowers.

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