



Low Protein Deviled Eggs

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Yields: 12 Eggs

Protein: 0.28g per egg

Calories: 29 per egg

NOTE: Filling is not part of the overall protein

Ingredients:

- 1 c. Coconut Milk, Canned
- 2 tsp. Agar Powder
- 1/2 tsp Salt, Table

Directions:

1. Combine coconut milk, agar agar powder, and salt in a small sauce pan and use a whisk to combine. Bring to a slow boil over medium heat.
2. Remove from heat and pour into egg molds. I used an egg tray from the dollar store and a syringe to fill the cavities. Refrigerate for 30 minutes to set. Fill with your desired filling.

Fillings for center:

- Guacamole
- Mashed potatoes mixed with traditional deviled egg spices (mayo, vinegar, mustard, salt and pepper).
- Low protein potato salad (see cookforlove.org for recipe)
- Alouette spreads mixed with mayo to soften