

Cait's Avocado Egg Salad

Dice the egg and avocado and mix together to preferred consistency. Add diced bell pepper and salt and pepper to taste. (I also added a tiny squirt of yellow mustard). Enjoy as a sandwich on sprouted grain bread. Be sure to add some spinach or arugula on top:) It would also be perfect sans bread, served on a bed of salad greens. Yum!