



Deviled Eggs

This recipe was actually from my mother in law! These deviled eggs are delicious and make the perfect side dish or appetizer for any family gathering. They're a family favorite during the holidays! We love cooking the eggs in the **instant pot**, it makes for easy peeling.

Recipe:

6 **Hard Boiled Eggs**

1/8 tsp salt

1/8 tsp pepper

1 tsp Mustard

1/2 tsp Vinegar

1/4 tsp Grated Onion

1 Tbsp + 1 tsp Mayo

(we use an avocado oil mayo)

1/4 tsp Keto Sweetener

5-10 Drops Worcestershire Sauce

Paprika



Boil eggs for about 10 Minutes or use the **Perfect Instant Pot Hard Boiled Eggs 5-5-5 Rule**. Once eggs are cooled, peel and remove the shell. Cut eggs in half and scoop out the yellow yolk. Mix dry and wet ingredients with the yolk. Mix well and use a spoon to scoop mixture back into eggs and top with Paprika.

The Keto Dad Tips and Tricks:

- Try not to use fresh eggs, the older ones are best for easier peeling.
- Make ahead of time, but keep the yolk mixture and egg whites separate for up to two days in the refrigerator.
- Store in airtight container or plastic wrap making sure all the air is squeezed out.
- Sprinkle crispy bacon on top for a crunch

Serving size: Makes 12 halves, serving size 2 halves

Macros: Calories: 44 Fat: 4g , Carbs: 0g , Fiber: 0g, Protein: 1g

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