



# Easy Keto Egg Salad

Egg salad is one of those simple easy lunches everyone likes. We LOVE using our Instant Pot to make [hard boiled eggs](#). It's super easy and they're so easy to peel, my little kids can do it!

## Recipe:

12 Hard Boiled Eggs

1 Tbsp Yellow Mustard (Nick likes 2 Tablespoons!)

1/3 Cup Avocado Oil Mayo

Salt and Pepper to taste

Season to taste!



## The Keto Dad Tips and Tricks:

- Make an egg sandwich with our [white bread chaffle](#)
- Use your [Trivet](#) on your Instant Pot to more easily get the eggs out.
- We eat egg salad plain out of a bowl, on a lettuce wrap, or in a low carb tortilla. Lots of great options!
- We usually get Sir Kensingtons or Primal Kitchen avocado oil mayo

Serving Size 6

Macros: Calories: 216 Fat: 18g, Carbs: 0g, Fiber: 0g, Protein: 12g

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