



Hummus Deviled Eggs with Cayenne Pepper

Preparation Time: 15 mins

Cooking Time: 20 minutes

Serves: 4

Difficulty: Easy

INGREDIENTS

8 large eggs
¼ mayonnaise (prefer egg mayonnaise)
½ cup hummus
2 tspns tahini (optional)
1 tspn lemon juice
Sea salt or pink Himalayan salt
Cayenne pepper or smoked paprika

Variations

6 large eggs
¼ mayonnaise (prefer egg mayonnaise)
1 tspn white vinegar
1 tspn yellow mustard
Salt
Smoked paprika

DIRECTIONS

1. In a large saucepan, cover eggs with water and bring to a boil, lower heat and cook for a few minutes
2. Turn heat off, cover, let stand for 14 mins
3. Drain eggs
4. Take each egg, place in a glass or cup, place your hand over the top, and gently shake
5. Fill saucepan with ice cubes and let stand until chilled
6. Drain, peel eggs and pat dry
7. Cut eggs in half, lengthwise
8. Gently remove egg yolks and place in a small bowl
9. Add hummus, lemon juice, tahini, mayonnaise, and salt
10. Mash until combined well
11. Spoon back into egg white halves
12. Season with cayenne pepper or smoked paprika