



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

HARD-COOKED EGG WITH MUSTARD

WHOLELIVING.COM

Serves 1

- 1 hard-cooked egg, halved**
- 1 teaspoon whole-grain mustard**
- 2 fresh parsley leaves**

Dollop mustard on egg halves and top with parsley.