

Inflammation Busting Deviled Eggs



Cooking Time

20 minutes

Yields

12 Deviled Eggs

Ingredients

6 large eggs
2 to 2 1/2 tablespoons [Avocado Oil Mayo](#)
2 teaspoons mustard of your choice
Salt and pepper
Turmeric, for garnishing

Directions

Hard-boil the eggs. Place the eggs in a medium saucepan and fill with enough cool water to cover the eggs by an inch. Place the pan over high heat. Once the water reaches a boil, remove the pan from heat, cover and let stand for 10 minutes. Meanwhile, prepare an ice bath.

Peel the eggs. Remove the eggs from the water, tap each one gently against the counter to crack the shell in a few places, then place in the ice water for at least 1 minute. Take the eggs out of the water bath and peel them.

Remove the yolks. Cut the eggs in half down their length, from tip to bottom. Separate the yolks from the whites and use your fingers to remove the yolks. Transfer all the yolks to a small bowl.

Mash the yolks with a fork. Mash the yolks with a fork until they are completely crumbled.

Mix in the mayonnaise and mustard. Add 2 tablespoons of the mayonnaise and the mustard into the bowl with the yolks. Mix and mash the filling until you form a smooth paste. If the filling feels too stiff, add more mayonnaise a small spoonful at a time. Season with salt and pepper. Taste and season with salt and plenty of pepper as needed.

Transfer the filling to a plastic bag or piping bag. Use a spatula to scoop all the filling into a resealable sandwich bag or piping bag OR just fill the eggs with a spoon. If using a plastic bag, snip one corner off with a pair of scissors. Pipe the filling into the cup of each egg white, filling the cups so that the filling mounds a little over the top. Squeeze the bag from the top to force the filling downward. Alternatively, scoop the filling into the egg whites with a spoon.

Sprinkle with turmeric. Sprinkle a pinch of turmeric (and a pinch of fresh herbs if you are feeling fancy) over the top of each egg before serving.