



Healthified Deviled Eggs: A Family Favorite with a New Twist

These deviled eggs are perfect for parties, potlucks, or a quick protein-packed snack. This “healthified” version is creamy, flavorful, and totally guilt-free. Made with organic pasture-raised, certified humane raised eggs, avocado mayo, and Greek yogurt, they deliver all the satisfying richness of traditional deviled eggs—with a lighter, nutrient-dense upgrade.

Whether you're honoring a family tradition with a healthy spin or bringing a feel-good appetizer to your next gathering, this version skips the questionable processed ingredients without sacrificing flavor. These are a hit every time I make them—and no one ever guesses they're loaded with good-for-you fats and clean protein.

Ingredients

- 8 hard-boiled eggs
- ¼ cup Chosen Foods “Classic” avocado mayo
- 2 TB Siggi’s nonfat plain Greek yogurt
- 1 TB Trader Joe’s Dijon mustard
- 2 TB no-sugar dill pickle relish
- ¼ cup green onion, finely chopped
- ¼ tsp sea salt
- ¼ tsp black or white pepper
- Organic paprika (for garnish)

Instructions

1. Boil the Eggs:
 - Gently place eggs in a pot of water.
 - On the stove, bring to a rolling boil over high heat. Once boiling, cook for 5 minutes.
 - Turn off heat, cover the pot, and let eggs sit for 15 minutes.
 - Drain hot water and fill the pot with cold water. Let sit 10 minutes.
 - Repeat with fresh cold water and chill another 10 minutes.
 - Store eggs in the fridge until ready to use.
2. Prep the Eggs:

- Once fully cooled, peel and slice eggs in half lengthwise.
 - Remove yolks and place in a medium bowl. Set whites aside (a deviled egg tray or container works great—see Cook’s Note).
3. Use a fork to crumble the yolks into small pieces.
 4. Make the Filling:
 - Add avocado mayo, Greek yogurt, Dijon mustard, and dill pickle relish to the bowl.
 - Mix by hand, then whip with a hand mixer on low for 10 seconds, followed by high speed for about 1 minute until smooth and creamy.
 5. Stir in chopped green onion, sea salt, and pepper to taste.
 6. Spoon the yolk mixture into each egg white using a teaspoon.
 7. Top with a pinch of organic paprika and a tiny sprinkle of sea salt.
 8. Chill. Refrigerate for at least 1 hour before serving for best flavor and texture.

Cook’s Note

Looking for a great way to store or transport your deviled eggs?
You can find reusable Deviled Egg Storage Containers [here on Amazon](#).

 Watch the full demo on my YouTube channel [HERE](#)