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▶▶ June 2014 ◀◀

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Egg Avocado Rollup

- 1 Leaf lettuce, bibb
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- 1 Cup grapefruit sections, jar
- 3 Large eggs, hard boiled, yolks removed, sliced
- 1/2 Cup avocado, peeled and cubed
- 1 Tbsp nuts, walnuts, chopped
- 1 Tbsp dressing, honey mustard, fat-free

- 1) Place washed and dried lettuce leaf on plate.
- 2) Place sliced eggs on top.
- 3) Gently mix the avocado with the chopped nuts. Scoop mixture into lettuce leaf over the eggs.
- 4) Then, drizzle with dijon dressing.
- 5) Roll up sides of lettuce gently to create a wrap. Enjoy.

Makes 1 Serving