**TRY THIS AT HOME:**

**Delicious Deviled Eggs**

You will need:
- 2 eggs, hard boiled
- 1/2 teaspoon milk (skim or 1%)
- 1 1/2 teaspoons light mayonnaise
- Dash of salt

PREP TIME: 20 minutes
- Dash of dry mustard
- Dash of sugar
- Paprika to taste
- Help from an adult

Great for an after school snack!

1. Peel eggs. Cut in half lengthwise.

2. Remove yolks and place in a mixing bowl. Place whites in rows on a tray.

3. Mash yolks, using a wire whisk, fork or hand mixer.

4. Add the milk to the mashed yolks and mix until blended.

5. Add the mayonnaise and a dash of salt, dry mustard and sugar to yolks.

6. Mix until smooth.

7. Refill each egg white half with about 1 1/2 tablespoons of the yolk mixture.

8. Sprinkle with paprika (optional).

SERVING SIZE: 2 halves

**Fun Fact**
Eggs are full of nutrients but every large egg yolk contains over 200mg of cholesterol. Too much cholesterol can be bad for your heart. Try limiting egg yolks to 3 to 4 a week. When making omelets or scrambled eggs you can use two egg whites for every one egg yolk.