November 2- Deviled Eggs – Happy Egg Day!
Not Smart Snack

Recipe
Ingredients:
6 eggs
¼ cup nonfat plain Greek Yogurt
2 teaspoon Dijon mustard
1/8 teaspoon salt
¼ teaspoon pepper
Paprika (optional)

Directions:
2. Place the whites on a plate and the yolks in a bowl. Add the remaining ingredients (except paprika) to the yolks in the bowl.
3. Mash it all together. Put the mixture into the empty egg whites.
4. Top with paprika and enjoy.

Yields 12 servings