

## Avocado Egg Salad & Melon Mocktail

*Hosted by: Student Health Advocates and ATOD Peers*

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### Avocado Egg Salad

#### Ingredients

- 4 large hard-boiled eggs, chopped
- 4 hard boiled egg whites, chopped (discard the rest)
- 1 medium hass avocado, cut into 1/2-inch pieces
- 1 tbsp light mayonnaise
- 1 tbsp fat free plain yogurt
- 1/2 tablespoon finely chopped chives
- 2 teaspoons red wine vinegar
- 1/2 tsp Kosher salt
- pinch freshly ground pepper
- 1 package of 100% Whole Wheat Tortillas



#### Cooking Instructions

- Combine the egg yolks with the avocado, light mayo, yogurt, chives, vinegar, salt and pepper.
- Mash with a fork
- Combine with egg whites and adjust salt as needed
- Warm tortillas (not too warm)
- Spoon avocado/egg mixture into tortilla, roll up and serve

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### Melon Mocktail

#### Ingredients

- 1 whole cantaloupe (or honeydew melon)
- 2 celery stalks
- 1 apple
- 1/4-inch piece of ginger
- 1 750ml bottle of sparkling water
- Salt to taste
- 4 citrus slices (optional)

#### Directions

We used honeydew melon in place of the cantaloupe, which gives the juice a super bright green color. Put all ingredients except sparkling water and salt through a fruit and vegetable juicer. Mix the juice with the sparkling water; serve over ice. Garnish with a citrus slice (optional) and toast away!

