

Devilled egg deli filler

This is a fantastic recipe that is easy and simple to make and tastes great!

This recipe can also be used as a sandwich filler so you can follow your Low FODMAP diet 'on the go'.



Ingredients

- 4 Eggs
- 1 Teaspoon of Mustard powder
- 1 Tablespoon of light mayonnaise*
- Pinch of Salt

*check mayonnaise is FODMAP free

Method

- Boil the eggs for 10 minutes
- Cool quickly under cold running water
- Remove the shell and chop finely
- Add mayonnaise and mix well
- Serve on a toasted wheat free bagel.

Enjoy!