

# Artichoke Egg Salad

This nourishing Artichoke Egg Salad is packed with protein, healthy fats, and fat-soluble nutrients. Enjoy over greens as a salad, fill lettuce cups or wraps, spread on toast for a sandwich, or enjoy with crackers and celery.

The addition of **CanPrev's Vitamin K2 Drops** provides benefits for bone health by improving the body's utilization and deposition of calcium into the bones. Combined with naturally occurring vitamin D3 and healthy fats from the egg yolks, the ingredients work synergistically to help influence mineral strength in bones and teeth.



**Preparation time: 10 mins | Servings: 4**



## Ingredients

- 6 hard-boiled eggs, chopped
- 1 can artichoke hearts
- ½ cup plain Greek yogurt
- ½ large avocado (equivalent to ½ cup)
- ¼ cup finely chopped red onion
- 1 tbsp freshly squeezed lemon juice
- 2 tsp mustard
- ½ tsp onion powder
- ½ tsp salt
- ¼ tsp sweet paprika
- ⅛ tsp pepper
- 8 drops Vitamin K2 Drops

## Method

1. Drain and gently squeeze the artichoke hearts to remove excess water, then chop finely.
2. Add artichoke hearts and chopped boiled eggs to a medium sized bowl.
3. Make the dressing by adding the avocado, Greek yogurt, mustard, onion powder, and lemon juice to a blender. Whip until smooth. Add Vitamin K2 drops, and mix them in using a spoon to combine. Pour dressing over the artichoke hearts and eggs.
4. Add paprika, salt, and pepper. Toss gently to combine the mixture until evenly distributed.
5. Chill for one hour before serving. Enjoy!

**Storage Instructions:** Store in an airtight container in the refrigerator for up to 3 days.

## Featured Products



## Developed by: Joyce Baddour



Joyce is a health enthusiast and recipe creator on a mission to empower individuals to transform their health with delicious and nourishing blood sugar-friendly recipes.

