
THE CrossFit *kitchen* K I D S



Sweet Cheeks Headquarters

EGG-SALAD LUNCH

by Shirley Brown and Alyssa Dazet
Sweet Cheeks Headquarters

overview

While the other kids are noshing away on mayonnaise-filled egg-salad sandwiches, your little kiddies will happily munch away on their egg-salad lunch filled with healthy fat.

Which kids do you think will be better fueled to tackle an afternoon full of advanced algebra: the mayonnaise-and-bread kids or the avocado-and-plantain-chip children?

3 kid servings

ingredients

- 6 hard-boiled eggs, shelled
- 1 ripe avocado
- ¼ cup sun-dried tomatoes
- 1 lemon, for juice
- Salt and pepper to taste
- 1 cup roasted plantain chips

notes

You can also add carrots or celery on the side.

directions

1. Place the hard-boiled eggs in a large bowl. Peel the avocado, remove the seed and add it to the bowl. Take a fork and coarsely chop the eggs and avocado.
2. Add the sun-dried tomatoes, squeeze in the juice of 1 lemon, and add salt and pepper to taste.
3. Mix everything together well.
4. Divide onto 3 plates and serve with plantain chips.

