

Foodnity Recipes

Healthy Deviled Eggs with Cream Cheese

15 min Prep time	**12 min** Cook time	**27 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 6 large eggs, hard-boiled and peeled
- [ ] 4 oz (115 g) cream cheese, softened
- [ ] 2 tbsp plain Greek yogurt
- [ ] 1 tsp Dijon mustard
- [ ] 1 tsp fresh lemon juice
- [ ] 1/4 tsp sea salt
- [ ] Pinch of black pepper
- [ ] 2 tbsp chives, finely chopped

Optional Garnish

- [ ] Paprika for dusting
- [ ] Extra chives or microgreens

Instructions

1. Place the eggs in a pot, cover with cold water, bring to a boil, then turn off heat and let sit covered for 10 minutes.
2. Transfer the eggs to an ice bath, cool completely, then peel gently. Slice each egg lengthwise and remove yolks into a bowl.
3. Mash the yolks with a fork, then add softened cream cheese, Greek yogurt, mustard, lemon juice, salt, and pepper. Whisk until smooth.
4. Fold in half of the chopped chives, reserving some for garnish.
5. Transfer the filling to a piping bag or a zip-top bag with a corner snipped, then pipe into each egg white half.
6. Sprinkle the tops with paprika and the remaining chives. Chill for at least 10 minutes before serving.

Nutrition per serving

120 kcal	9 g	3 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too thick, add a teaspoon of milk or water.
- For extra tang, increase lemon juice by half a teaspoon.
- Feel free to experiment with herbs like dill or tarragon.