

Eggless Coconut 'Egg' Salad

By Ruby Lathon, PhD

Ingredients:

- 1.5 cups coconut meat, diced small
- 1 avocado, peeled, diced large
- 1 celery stalks, coarsely chopped
- Juice of half a lemon
- ½ cup vegan mayonnaise
- 1 tablespoon prepared mustard (made w/apple cider vinegar)
- 1 tablespoon, powdered mustard
- 1 teaspoon, dried dill
- 1 teaspoon, celery seed
- ½ teaspoon sea salt
- ½ teaspoon black salt (optional)
- ¼ teaspoon turmeric

Directions:

1. Roughly chop coconut meet into approximately ½ inch pieces
2. Mix in all ingredients except the avocado until well blended.
3. Taste and adjust seasonings as desired.
4. Gently mix in avocado until well coated. Serve immediately. Keeps up to 3 days.

Serving suggestions: on bed mixed greens, on a gluten-free roll/bun, with sliced red/yellow bell pepper, with raw or gluten-free crackers.