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Egg Salad Sandwich

2-3 eggs hard boiled

2 tbsp mayo

1 tsp mustard

Salt and Pepper to taste

Chop the eggs and stir in the mayo, mustard, salt and pepper. This is the basic recipe. Optionally you can add 1 tbsp sweet relish (watch out for corn syrup), some chopped onion, paprika or even dill tastes great! Put the egg salad between two pieces of Ezekial Bread or other sprouted grain bread and try throwing some extra greens onto the sandwich such as red or green leaf lettuce or spinach.