

Everything-But-The-Bagel Hard-Boiled Eggs

First up is Everything-But-The-Bagel Hard-Boiled Eggs. Hard boiled eggs can be jazzed up with this fun take on the everything bagel.

Make ahead by hard-boiling 7 eggs and keeping them refrigerated.



Recipe: Makes 14 Servings

Prep Time: 5 mins

Ingredients for Seasoning:

- 1 tablespoon sesame seeds
- 1 tablespoon poppy seeds
- 1 tablespoon dried minced onion
- 1 tablespoon dried minced garlic
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 teaspoon sea salt

Instructions: Mix all ingredients together and store at room temperature in an airtight container. For one serving, cut one hard-boiled egg in half and sprinkle with Everything-But-The-Bagel Seasoning. It doesn't get much easier than that! Plus, it's yummy and packs a powerful protein punch for sustained energy.

Why this snack may be helpful: One egg contains about 20 percent of the daily recommended value of selenium and about 15 percent of the daily recommended value of iodine. Both are instrumental in keeping your thyroid humming along so it can help your body maintain homeostasis and produce important thyroid hormones.^{1,2,3}