

tuna and apple salad

Make tuna salad with a sweet crunch!

Use shredded apple and carrot to make this easy for young children to eat.

- 3 tablespoons mayonnaise
- 3 tablespoons plain yogurt
- 1 (5 oz) can chunk light tuna
- 1 medium apple, cored and cut into small bite-sized pieces or shredded
- 3 tablespoons thinly sliced celery or shredded carrot

In a medium bowl, mix mayonnaise and yogurt. Stir in tuna, apple and celery or carrots until well mixed. Add salt and pepper to taste.

Enjoy Tuna and Apple Salad:

- As a snack with whole grain crackers.
- On top of whole grain toast.
- Rolled up in a whole wheat tortilla or large leaf of lettuce.
- As a topping on a lettuce salad.



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