



Spicy Tuna

Instructions:

Blend the tuna very well by hand.
Add the other ingredients and mix.

Serve with 2 slices of whole wheat bread

Counts as 1 lunch

Prep Time:

5 minutes

Cook Time:

n/a

Ingredients:

- 1 can tuna (in water) - drained
- 2 TBSP. lite mayonnaise
- 1/2 TBSP. mustard
- 2 tsp. Frank's red hot sauce
- 1 oz. celery - diced
- garlic powder to taste