



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:

3/4 can tuna (in water) -
drained

1 TBSP. lite mayonnaise

1 tsp. mustard

1 tsp. Frank's red hot sauce

1 oz. celery - diced
garlic powder to taste