

Tuna Bites

Prep Time	Cook Time	Total Time
5-10 mins	0 mins	5-10 mins

Recipe by: Laura Bench

Category: Snack

Servings: 1



Ingredients

2 oz tuna, canned in water

Cucumber slices

Cherry tomatoes or other raw veggies on the side

(Optional) Dijon or honey mustard, salsa, mashed avocado, etc. for flavoring tuna

1 oz (about 1 handful) of pistachios or other nuts/seeds of choice

Instructions

1. Mix any seasonings or dressings to the tuna. Add a spoonful on top of each cucumber slice. You can even make a “sandwich” by topping it with another cucumber slice on top.
2. Enjoy a side of cherry tomatoes or other raw veggies of choice. Add 1 oz of pistachios or other nuts/seeds for healthy fat.

*Don't like tuna? Swap for turkey breast, canned chicken or salmon or other protein source.

Balanced Meal Breakdown

Protein – Tuna

Carbs – Cucumber and any other veggies on the side

Fat – Pistachios or other nuts/seeds of choice; mashed avocado if used to mix with tuna