

Apple Tuna Sandwich

INGREDIENTS

- 1 sweet apple, diced
- 1, 5 ounce can tuna in water, drained
- 1/2 cup low-fat vanilla yogurt
- 1 teaspoon mustard
- 1 teaspoon honey
- 4 slices whole grain bread slices

Optional Ingredients:

- Lettuce leaves
- Tomato slices

TIME: 15 MINUTES
SERVINGS: 4



Adapted from:
celebrateyourplate.org



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PROCEDURE

1. Add tuna, apple, yogurt, mustard, and honey to a medium bowl and stir to combine.
2. Put 1/2 cup tuna mixture on your whole grain bread
3. Top with any optional toppings and serve!

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