

ARCHIVED RECIPES

TUNA SURPRISE (SERVES 2)

Ingredients:

2 slices Gardenia Fine Grain Wholemeal Bread
½ can tuna in water
½ small apple, diced
2 tbsp low-fat mayonnaise
1 tbsp walnuts, chopped
1 tsp lemon juice
Salt and black pepper to taste

Cooking Method:

1. Toast the slices of Gardenia Fine Grain Wholemeal Bread.
2. Mix the tuna, low-fat mayonnaise, apples, walnuts and lemon juice in a bowl, combine well.
3. Season with salt and black pepper.
4. Spread tuna mixture on the 2 slices of toast and serve immediately.

Nutritional Information:

Energy : 207 kcals
Carbohydrate : 22g
Protein : 11g
Dietary Fibre : 3.0g
Total Fat : 8.3g
Sat. Fat : 1.5g
Calcium : 61mg

