

Trim Healthy
W I S D O M

Hummus Tuna Salad (FP)

Here's a delicious, dairy-free tuna salad recipe that is easy for your body to burn and can be used with any fuel-type meal.

Single Serving

INGREDIENTS:

- 1 single-serve pouch or can of tuna
- 1 ½ Tbs hummus

Add-In Options

- pickled jalapenos (diced)
- dill relish (with added on-plan sweetener of choice)
- onion (diced; small amount)
- sauerkraut or kimchi (small amount)

INSTRUCTIONS:

1. Place the tuna and hummus in a small bowl and mix well with a fork. Add all other ingredients and mix again.

