

**WHY
ACT
NOW**

TUNA CUCUMBER BITES



Ingredients

- 2 cans (200g) white tuna in water, no added salt, drained
- 1 tbsp yellow mustard
- ¼ tsp dried dill
- ¼ tsp black pepper
- ¼ tsp onion powder
- ¼ tsp garlic powder
- 16 slices cucumber

Directions

Place the tuna and all ingredients in a bowl and mix together. Top cucumber slices with tuna mix.

Makes 4 servings.

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 131	
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 63mg	21%
Sodium 101mg	4%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 29g	58%

*Percent Daily Values are based on a 2,000 calorie diet.

Tuna is a great snack because it's an inexpensive source of protein!