

## **Tuna Salad**

### **Great for lunches**

1 tin Yellow fin tuna  
1 medium sized ripe avocado  
1 medium apple diced  
Zest and juice of 1 lemon  
Salt and pepper to taste  
½ cup chopped parsley  
2 wraps  
2 lettuce leaves

Break tuna up with a fork, add avocado and mash up into tuna.  
Add remaining ingredients  
Place lettuce leaves on top of wrap  
Spoon tuna salad on top of wraps  
Roll up tucking in the ends.  
Slice in ½ on the bias.

Avocado has 10 grams fiber and 3 grams of protein per cup serving