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Tuna and Egg Salad

Tuna is such quick and easy snack or meal. Paired with egg makes this dish high in protein and essential fatty acids.

Makes 4 servings

Ingredients

- 2 cans tuna in brine
- 2 hard boiled eggs
- 1 avocado, mashed
- Small red onion , chopped
- ¼ cup greek yogurt (or coconut yogurt for dairy free)
- 1 teaspoon Lemon juice
- salt and pepper to taste

Directions

1. Mix the yogurt, lemon juice and salt and pepper.
2. Place rest of the ingredients in a Bowl, mix until all combined
3. Add in the yogurt mixture and combine.

