

Fresh for Kids®

Tuna, celery & mayo sandwich



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Preparation: 10 minutes

Serves: 1

95g can tuna in oil, well drained and flaked
6cm piece celery, finely diced
2 tsp reduced fat mayonnaise
Salt and ground black pepper
2 slices multigrain or wholemeal bread
Butter or margarine, for spreading
2 small butter lettuce leaves

1. In a small bowl, combine tuna, celery, mayonnaise and salt and pepper to taste. Mix with a fork until well combined.
2. Place bread on a board. Lightly spread bread with butter or margarine. Top one piece of bread with tuna mixture and lettuce. Top with remaining bread. Cut in half, wrap and pack.

For fresh fruit and vegetable recipes visit
www.freshforkids.com.au.

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