

Avocado Tuna Salad

Avocado Tuna Salad:

20 oz. white Albacore Tuna, canned in water

(we used 4 5-oz. cans)

2 large avocados, pitted and chopped

1/4 large red onion, sliced

1/4 cup fresh chopped cilantro

Dressing:

1/4 cup olive oil

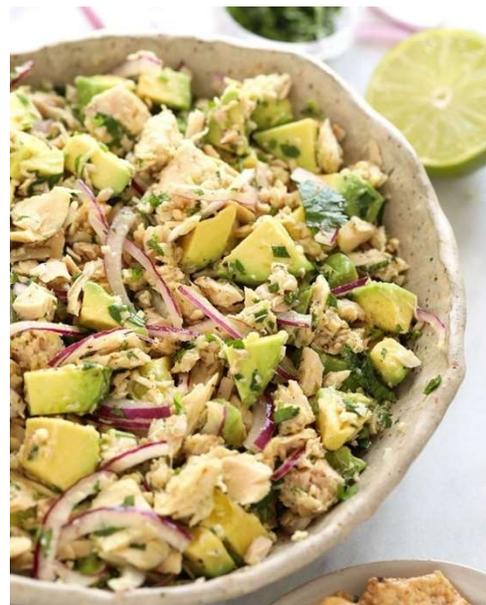
2.5 tablespoons fresh lime juice

A few drops of liquid stevia

1 teaspoon apple cider vinegar

1/8 teaspoon Himalayan sea salt

1/8 teaspoon pepper



1. Start by adding all of the ingredients for the avocado tuna salad into a large mixing bowl. Mix well and set aside.

2. Prepare the tuna salad dressing by placing all ingredients for the dressing into a mason jar, tightly cover the mason jar, and shake until all ingredients are combined.

3. Pour tuna salad dressing over the tuna mixture and mix all ingredients together making sure all of the ingredients are coated with dressing. Eat immediately or store in the refrigerator!

Serving Size = 3 ounces of tuna with 1 teaspoon of dressing