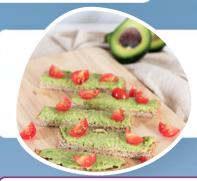




Fun and easy-to-make dishes to try at home

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Tuna & Avocado Tartine



Great Because...

Avocados are a great source of monounsaturated fat, fibre and many other beneficial vitamins and minerals. However, they are low in protein so adding a little tuna helps to balance that out.

Prepare in... 5 mins

Cooks in... 5 mins

Serves... 1

Ingredients

- 1 slice of wholemeal bread
- Half an avocado approx. 55g, mashed
- 40 g of canned tuna
- 1/2 tbsp of fresh lemon juice
- 4 cherry tomatoes cut into quarters

How To Make

- 1. Mix the mashed avocado, tuna, and lemon juice together in a bowl. You can blend these ingredients to create a smoother texture if you prefer.
- 2. Toast the wholemeal bread and then spread the avocado mixture on top.
- 3.Cut into soldiers (thin strips) and then sprinkle the cherry tomatoes on top.

Recipe by Sarah Almond Bushell, The Children's Nutritionist



