



## 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

