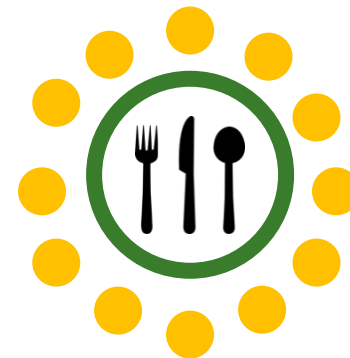


recipe of the week:

Tuna Salad Cucumber Bites



ingredients:

1/3 cup of homemade coconut oil mayo (or your favorite mayo)

1/3 cup of thinly chopped red onion

1 can of Albacore Tuna

1 cucumber sliced

Sea salt to taste

Fresh ground black pepper to taste

directions:

1. Mix together mayo, red onions, tuna, sea salt, and black pepper in a bowl and set aside.

2. Slice cucumbers, and add one small scoop approximately 1 tbsp. to each cucumber.

Presented by:

