April 12- Tuna Salad Crisps
Smart Snack
Link: http://www.deathtodiabetes.com/Low_Carb_Diabetic_Meals.html#VK9pE10y70

Recipe
Ingredients:
2 ounces drained water-packed light tuna
1 teaspoon light mayonnaise
1 teaspoon Dijon-style mustard
2 rye crisps

Directions:
1. Wash hands with warm, soapy water.
2. Combine tuna, mayonnaise, and mustard. Mix well.
3. Spoon mixture on 2 rye crisps or another crackers on hand.

Yield 1 serving