Recipe

Ingredients:
1 can tuna, packed in water (6.5 ounces, drained)
1 apple
¼ cup yogurt, low-fat vanilla
1 teaspoon mustard
1 teaspoon honey
6 slices whole wheat bread
3 lettuce leaves

Directions:
1. Wash and peel the apple. Chop it into small pieces.
2. Drain the water from the can of tuna.
3. Put the tuna, apple, yogurt, mustard, and honey in a medium bowl. Stir well.
4. Spread ½ cup of the tuna mix onto each 3 slices of bread.
5. Top each sandwich with a washed lettuce leaf and a slice of bread.

Yield 3 servings