



Tuna-Avocado Pita Recipe

Ingredients

- 1 can of tuna
- ½ cup of sliced avocado
- 1 whole wheat pita wrap
- ½ cup of spinach leaves
- 2-3 slices of apple
- Additional veggies (optional)

Directions

Open the can of tuna, drain the water and spoon the tuna into the whole wheat pita wrap. Top the tuna with sliced avocado, spinach leaves and the apple slices. Add any additional vegetables such as peppers, mushrooms or carrots as desired – voilà!