

# Tuna Mayo on Ryvita

This tasty recipe has been put together by Iwona, our Strength & Balance Trainer. For more great health and wellbeing tips from our Healthy Habits team, call us on 0191 280 8484 or email [Rebecca.Williams@ageuknorthtyneside.org.uk](mailto:Rebecca.Williams@ageuknorthtyneside.org.uk).

## Ingredients

- 80g of tinned tuna in spring water, drained
- 1 tbsp. natural yoghurt or mayonnaise
- 2 Ryvita Chia Seed and Buckwheat Protein Crispbreads
- 6 slices of cucumber

## Steps

- Mash the tuna up with a fork and stir through the yoghurt/mayonnaise
- Add some cracked black pepper to the tuna mix
- Spread evenly on top of the crispbreads
- Top with the cucumber slices and add some more black pepper if needed

