

# Avocado Tuna Salad

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Servings: 2     Difficulty: easy

## Ingredients:

- 1 5 oz can of wild albacore tuna (I love Wild Planet brand- non GMO, so salt added, sustainably caught, low mercury levels)- *drained*
- 1/2 of 1 avocado
- 1 1/2 T spicy brown mustard
- 2 diced baby dill pickles
- Shake of red pepper flakes (optional)

## Directions:

1. Roughly mash the avocado in a bowl
2. Add the rest of the ingredients and mix together until you have desired texture
3. Enjoy with crackers, cucumber slices, on toast, sweet potato toast... store leftovers in the refrigerator (I recommend putting plastic wrap directly on tuna salad to keep as much air as possible out so that the avocado does not brown)

*Please tag me on instagram [@celiacsweetie](#) if you make this, or comment on this blog– I would love to see your recreations! Also please reach out if you have any questions about the recipe.*

*xo, Celiac Sweetie*