



Gut Healing Tuna Salad Stuffed Avocado with Hot Sauce

#lunch #paleo #eggfree #nutfree #glutenfree #dairyfree #ketogenic

 10 ingredients  20 minutes  4 servings

Directions

1. Cut your avocados in half and discard the pits. Scoop about 3/4 of the avocado flesh out of each avocado half so that just a bit of avocado remains in the shell. Place the avocado flesh you carved out in a large mixing bowl and mash with a fork.
2. Add tuna, celery, baby spinach, minced garlic, mustard, extra virgin olive oil and lemon juice. Season with sea salt and pepper to taste and mix well.
3. Use a spoon to pack the tuna salad back into the avocado halves. Drizzle with desired amount of tabasco. Enjoy!

Notes

More Protein & Crunch Add 1/4 cup sunflower seeds.

Don't Like Avocados Use halved bell peppers or carved out tomatoes instead. Roast them first for some extra yum.

Don't Eat Fish Use a can of white beans instead.

Ingredients

- 2 Avocado
- 2 cans Tuna (drained and flaked)
- 2 stalks Celery (finely diced)
- 1 cup Baby Spinach (finely chopped)
- 1 Garlic (clove, minced)
- 2 tbsps Dijon Mustard
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Tabasco Sauce

262 Calories

