



Ingredients (per child)

1 tin of tuna
 Clove garlic, minced (optional)
 1 tbsp gluten free tamari (soy sauce)
 1 tbsp olive oil
 2 tbsp chopped green onions (optional)
 1 avocado
 1 small cucumber
 Half lime, juiced and zested

Materials (per child)

1 tablespoon
 1 cutting board
 1 knife
 Plastic plate
 1 small bowl
 1 medium size bowl

1. Dice avocado and cucumber and chop the green onion. Important: Set avocado shells aside.

2. In a medium size bowl mix tuna, avocado, cucumber and green onions (optional) together.

3. In a small bowl combine garlic, tamari, olive oil and lime juice. Mix the dressing until smooth and pour dressing over the tuna avocado mix.

4. Serve in the avocado shells.

5. Eat and enjoy!



→ Do you know the name of the ingredients to make your recipe?
Match the name to the correct picture.



_____ v _____

_____ d _____

_____ w _____

_____ a _____

_____ o _____

_____ l _____

_____ c _____

