



HEALTHYFOOD  
STUDIO

# CREAMY TUNA *spread*

## INGREDIENTS

1 tin	Tuna, canned, drained
½ cup	Cottage cheese, fat free, smooth
2 tbsp	Parsley, fresh, chopped
60g	Onion, chopped
2 tsp	Lemon juice, fresh
1 tsp	Tabasco sauce
to taste	Black pepper, ground

## METHOD

- 01 Place all the ingredients into a blender, and blend until smooth and thick.
- 02 Pack firmly into a mould.
- 03 Chill for about 2 - 3 hours.
- 04 Turn the tuna spread out of its mould and serve sliced with rye toast.

PREP

5-10  
MIN

CHILL

2-3  
H

 Discovery  
Vitality

  
WOOLWORTHS