

BEST LUNCH BOXES WITH BRACES



EASY TUNA SALAD

INGREDIENTS

95g Tin Tuna Tempters (Lemon & cracked pepper, or smoked)
One boiled Egg
Half tomato
Quarter avocado
Handful of rocket
Sprinkle of grated cheese
Salad dressing

METHOD

1. Tip one 95g tin, one peeled boiled egg, chopped tomato and avocado, and handful rocket into a bowl
2. Add dressing and grated cheese to taste.

Can be pre-prepared for lunch boxes or made fresh



DIP AND BICCIES

Jatz, salada, cruskets, – your choice

Hummus, rocket, basil pesto, avocado dip – your choice