

Freya's Diabetic-Friendly Salad

Ingredients

Lettuce

Avocado

Tomato

Cucumber

John West Tuna & 3 Beans

Fresh Lemon Juice

Method

Step 1

Wash and chop up all the fresh ingredients.

Step 2

Add all the fresh ingredients and John West tuna & beans into a large salad bowl.

Step 3

Pour over some freshly squeezed lemon juice and mix all the ingredients together to combine. Serve immediately.

Buon appetito!



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Pic for illustration purposes only. Recipe may vary in appearance to pic.