## 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.

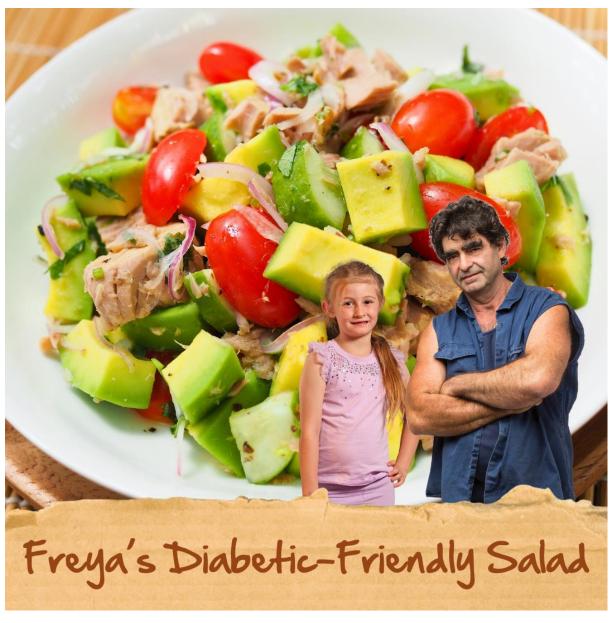
Step 2

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!** 



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