



## Tuna Sandwich

The plum delicious flavor of Fruit-Eze™ fruit blend puts a new twist on this old favorite.

### Tuna Dressing

4 Tblsp Fruit-Eze™  
1/8 tsp. Salt  
Fresh Ground Pepper  
1/4 tsp. Onion powder  
1/2 tsp. French Thyme  
1-2 Tblsp Mayonnaise  
(or 1 Tblsp Olive Oil)



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### Directions

Yield: Two Whole Sandwiches

Drain one 6-ounce can water packed Albacore tuna. Combine the tuna with 1/2 cup chopped onion, 1/2 cup chopped celery and 1/2 cup wild or brown rice. The rice absorbs moisture, adds fiber, protein, niacin, magnesium and iron, and rice improves the texture of the sandwich.

In a separate bowl, prepare the dressing. Stir the dressing into the tuna mixture. To develop the flavor, refrigerate the mixture about one hour.

Spread the tuna mix onto bread. Add lettuce and tomato. Storage: filling can be refrigerated, about 1 week.

One 1/2 of the mixture (one whole sandwich) provides one adult with one daily serving of Fruit-Eze™ fruit blend (two tablespoons). You can adjust the amount of Fruit-Eze™ used in this recipe.

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