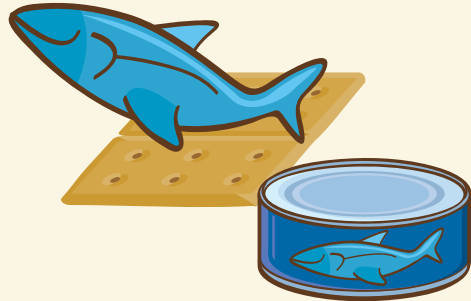


Lift-Off!'s Deep Sea Tuna Treats

Ingredients:

3 ounces water-packed tuna
1/4 cup non-fat mayonnaise
1 tbsp pickled relish
8 whole grain crackers



Instructions:

Pour the tuna into a medium size bowl. Add the mayonnaise and pickled relish and mix until well blended. Spread the tuna mixture on crackers. Make into sandwiches or enjoy them open-faced.

Serves: 2 people

Nutrition Information for 4 crackers:

160 crackers, 3 g fat, 0.5 g saturated fat, 540 mg sodium, 2 g fiber.

Special Parents' Tip:

Rinsing the tuna very well in water can further help reduce the sodium.

