

Tuna Bites

Ingredients:

- 1 can of tuna
- ¼ cup hummus
- ¼ cup shredded carrots
- ¼ cup corn (frozen, defrosted)
- Whole wheat crackers or pitas

Directions:

Mix tuna, hummus, carrots and corn.

Serve with crackers or pita, on healthy sandwich bread , or over a bed of lettuce.

For an easy hummus recipe check out:

[www.nurtureyourfamily.org/sitebuildercontent/sitebuilderfiles/bean recipe hummus.pdf](http://www.nurtureyourfamily.org/sitebuildercontent/sitebuilderfiles/bean%20recipe%20hummus.pdf)



Pump it Up: Do 5 pushups and 10 sit-ups before you cook and the same after you cook!



Food for Thought: Tuna contains fatty-omega three acids that help with brain function and memory. These tasty snacks are great brain fuel for all that hard studying!

Tasty Thoughts: _____

