



## Hearty Kale & Apple Tuna Salad

4 servings

10 minutes

### Ingredients

1 can Tuna (drained)  
2 stalks Celery (diced)  
4 cups Kale Leaves (finely sliced)  
1 Carrot (grated)  
1 Apple (diced)  
1/4 cup Sunflower Seeds  
2 tbsps Dijon Mustard  
1 tbsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

### Directions

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Place all ingredients together in a large salad bowl. Add olive oil and mustard and toss well. Season with sea salt and pepper to taste. Enjoy!

### Nutrition

Amount per serving	
Calories	188
Fat	8g
Saturated	1g
Polyunsaturated	3g
Monounsaturated	3g
Carbs	16g
Fiber	5g
Sugar	6g
Protein	12g