



# Tunavo Wraps

*Servings: 4 Wraps*

## **Ingredients:**

1 - 5 oz. can tuna, packed in water  
1 ripe avocado, diced  
½ cup cucumber, diced  
1 stalk celery, diced  
¼ cup red bell pepper, diced

¼ cup red onion, diced  
2 tablespoons fresh cilantro, chopped  
1 tablespoon olive oil  
1 tablespoon lemon juice  
½ teaspoon salt  
¼ teaspoon black pepper  
4 - 8 inch whole wheat tortillas

## **Directions:**

1. Drain canned tuna and add to a medium bowl. Shred tuna with a fork.
2. Add all other ingredients to the bowl. Mix with a fork until the avocado is roughly mashed and mixed through.
3. Divide evenly between whole wheat tortillas and wrap tightly.

