

Apple Tuna Sandwiches

1 can (6 ½ ounce) tuna, packed in water and drained
1 large apple
¼ cup vanilla yogurt
1 tsp mustard
1 tsp honey
6 slices whole wheat bread
3 lettuce leaves

Wash and peel the apple. Chop into small pieces. Drain the water from the can of tuna. Put the tuna, apple, yogurt, mustard, and honey in a medium bowl. Stir well.

Spread ½ cup of tuna mixture onto each of 3 slices of bread. Top each sandwich with a washed lettuce leaf and slice of bread. Serve.