



Tuna Yoghurt Spread Recipe

Preparation Time	2
Cooking Time	2
Serving Size	8

Ingredients:

- 1 can tuna flakes in brine (184g), drained
- 1 pack yoghurt, plain (125g)
- 1 Tbsp green onions, chopped
- 1 can DEL MONTE Crushed Pineapple (227g), drained
- 1 tsp sugar, white (optional)
- - pinch of salt

Preparation:

1. Before using the yoghurt, drain excess liquid by placing the yogurt over a cheese cloth lined strainer overnight.
2. Combine all ingredients and mix thoroughly. Serve as spread.

Chef's Tip

Drain excess liquid from yogurt to make sure that the spread is not runny.

Lusog Notes

This spread contains niacin that is important for the normal structure of the skin and body linings. It also helps keep the digestive and nervous systems healthy.

Cooking Skills Needed

- Mixing

Cooking Tools

- Can Opener
- Chopping Board
- Measuring Cups
- Measuring Spoon