

Not Quite Tuna

15.5-ounce can garbanzo beans, drained and mashed
2 tablespoons plant-based mayonnaise
2 teaspoons spicy brown mustard
1 tablespoon sweet pickle relish
2 green onions, chopped
Salt to taste

1. In a medium bowl (I do mine in the blender or food processor), combine garbanzo beans, mayonnaise, mustard, and salt.
2. Mix well until beans are mashed. You may have to add more mayonnaise to your liking.
3. Add relish and chopped onions, mix.
4. Tastes great as a sandwich on whole wheat bread or on a plate of lettuce.

NUTRITION FACTS:

Serving size: 1 tablespoon

Servings: 20

Amount per serving:

Calories 26

		% Daily Value*
Total Fat	0.7g	1%
Saturated Fat	0.1g	0%
Cholesterol	0mg	0%
Sodium	88mg	4%
Total Carbohydrate	4.1g	1%
Dietary Fiber	1.1g	4%
Total Sugars	0.5g	
Protein	1.1g	
Vitamin D	0mcg	0%
Calcium	8mg	1%
Iron	0mg	2%
Potassium	52mg	0%

By Mae Gober

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