



GENESIS
-HEALTH REVOLUTION-

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Mock Tuna Salad

INGREDIENTS:

- 1 can chickpeas, drained and rinsed
- 1 to 1 1/2 TBS minced onion
- 1 stalk minced celery
- 1/8 C minced sweet pickles
- 1 to 1 1/2 TBS minced seaweed
- 1/2 tsp salt
- 1/4-1/3 C plant based mayo

DIRECTIONS:

- Mash the chickpeas in a bowl just enough to break them up.
- Add rest of ingredients and mix well.
- Serve on a sandwich or celery sticks or crackers.



