



# Fuchisia Whole Wheat Flakes Multi-Herbs Avocado and Tuna Salad

A nutritious and flavorful salad made with Fushia Whole Wheat Flakes Multi -Herbs, adding a unique taste and crunchy texture. The recipe combines tuna, avocado, Greek yogurt, and seasonings to create a light, healthy, and satisfying meal



## Ingredients

**3/4** Cup Fuchisia whole wheat flakes ( multi-herbs )

**1** Can of tuna

**1/3** Cup Greek yogurt

**1/2** Avocado, diced

**1** Small onion, finely chopped

**1/2** Tsp sesame seeds

Pinch of salt

Crushed or ground black pepper, to taste

Juice of 1 lemon

Extra pinch of black pepper (optional)

**For garnish:**

Crushed chili flakes

Lemon slices

Black sesame seeds



## Instructions

1. In a medium bowl, mix the tuna with Greek yogurt until well combined.
2. Add diced avocado and chopped onion, then gently toss.
3. Season with salt, pepper, sesame seeds, and lemon juice.
4. Just before serving, fold in the Fuchisia whole wheat flakes ( multi-herbs ) to keep them crunchy.
5. Garnish with chili flakes, lemon slices, and black sesame seeds.