



## Hearty Kale & Apple Tuna Salad

4 servings

10 minutes

### Ingredients

- 1 can Tuna (drained)
- 2 stalks Celery (diced)
- 4 cups Kale Leaves (finely sliced)
- 1 Carrot (grated)
- 1 Apple (diced)
- 1/4 cup Sunflower Seeds
- 2 tbsps Dijon Mustard
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

### Directions

1

Place all ingredients together in a large salad bowl. Add olive oil and mustard and toss well. Season with sea salt and pepper to taste. Enjoy!