



Make Your Own - Fresh Cucumber snack

Make this healthy and nutritious snack by using cucumbers instead of bread or crackers - its easy and fun to do!

Ingredients - serves 4

- 2 cucumbers/ Juice of 1/2 Lemon
- 2 spring onions/ 1 small tin tuna in water
- 1 tin Cannellini Beans / 1tbs rapeseed oil
- 1tbs Dijon or English mustard
- Salt & pepper (to taste)

Equipment-

- Can opener/Colander/Cutting board/Fork
- Measuring spoons/Medium & Small bowl
- Sharp knife /Vegetable peeler

Method

1. Wash cucumbers. Peel off skin in stripes, all the way around. Cut lengthwise. Scoop out the seeds with a small spoon.
2. In a small bowl, add lemon juice. Wash and chop spring onions.
3. Drain tuna. In a colander, drain and rinse beans.
4. In a medium bowl, mash beans lightly with a fork.
5. Add all ingredients and mix well with a fork.
6. Fill half of each cucumber with mixture.

Chefs tip-

You can use mashed avocado instead of beans as a healthy option.

Always ask for an adult's permission before cooking in the kitchen

