

# Tuna Lettuce Wraps

1 can of tuna in water  
1 tbs. Mayonnaise  
1 chopped green onion  
1 chopped celery stick  
1 head of lettuce

Mix tuna together with green onion, celery, and mayonnaise. Take whole lettuce leaves, fill with tuna mix and roll up. Variations: Add grated carrots, grated sharp cheese for more flavor.

Note: Don't fear fats! Make your own healthy mayonnaise! See "Dressings" in Recipes

Low Glycemic, Gluten- Free

Holly Stokes, "The Brain Trainer," Wellness Coach:  
[www.Lightenup.me](http://www.Lightenup.me)