



TUNA NORI WRAPS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Tuna, drained	1 Can	Shredded Carrots	¼ Cup
Greek Yogurt	1 Tbsp.	Shredded Lettuce	¼ Cup
Soy Sauce or Coconut Aminos	1 Tsp.	Avocado (Optional)	¼
Sesame Oil	½ Tsp.	Nori Sheets	2-3
Green Onions, sliced	1-2		

SERVING SIZE

1

PREPARATION

- 👉 In a bowl, mix tuna with Greek yogurt, soy sauce, and sesame oil until creamy and well combined.
- 👉 Stir in sliced green onions.
- 👉 Lay a nori sheet flat on a clean surface.
- 👉 Add a layer of shredded lettuce and carrots.
- 👉 Spoon tuna mixture evenly over vegetables.
- 👉 Add avocado slices if using.
- 👉 Roll tightly into a wrap or fold like a taco-style roll.
- 👉 Slice in half and serve immediately to maintain crisp texture.