

Raw & Vegan Tuna Salad

Yield: 5 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-cucumber-pickle-recipe>

Ingredients:

- 1 cup sunflower seeds soaked 2 hours
- 2 pickles chopped, I didn't have any
- 1/2 cup cucumber chopped, or celery
- 1/2 cup shredded carrot
- 1/4 teaspoon onion powder
- 1/2 tablespoon apple cider vinegar
- 1/2 tablespoon maple syrup
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon sea salt Herbamare
- ground black pepper Freshly, to taste
- paprika to garnish, optional

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 10 grams
3. Fat: 15 grams
4. Fiber: 4 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 420 milligrams
8. Sugar: 3 grams

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