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Creamy Tuna Dip

Ingredients:

- Tuna 1 3-oz. can
- Fat-free cream cheese 3 tbsp
- Green onion, sliced 1
- Dried onion flakes 1 tsp
- Dried garlic (or garlic powder) 1/2 tsp
- Whole-grain crackers 5-10

Directions:

1. Mix all of the ingredients together—except for the crackers. Really work to break up the tuna into smaller pieces so the dip is smoother and easier to spread. Chill in the refrigerator.
2. When you're ready to eat, use it as a dip or spread on your crackers.