TUNA SUNSHINE MIX

Yield: approximately 1½ cup

Ingredients:
- 1 (5-ounce) can tuna in water
- ½ carrot
- ½ cup nonfat powdered milk
- ¼ cup mayonnaise
- pepper to taste
- Optional: ¼ cup round onion
  - ¼ cup celery
  - 2 tablespoons pickle relish

Directions:
1. DRAIN tuna.
2. GRATE carrot.
3. In a medium bowl, MIX tuna, carrot, powdered milk, mayonnaise, and pepper together.
4. Optional: ADD finely CHOPPED onion, celery and relish to mixture.
5. COVER and REFRIGERATE until ready to SERVE.

Variations:
Use as a sandwich spread, cracker topping, or as a vegetable dip.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.