



Tuna "Chick Pea" Salad Recipe

- 2 cups cooked or canned Chick Peas (aka Garbanzo beans)
- 1 teaspoon salt, seaweed granules, or nutritional yeast
- 2 teaspoon gluten-free tamari
- 1/2 cup mayonnaise (see VLC Recipe Book at www.vlearningcommunity.org for homemade mayo)
- 1/4 tsp ground dill weed or ground dill seed

Put all ingredients in a blender and run for a few seconds.

