



V-LEARNING COMMUNITY

Tuna Fish

Chick peas have a “tuna” taste and can be used to make vegan tuna fish.

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

Put all ingredients in a blender or food processor. Run for a few seconds.

