EASY TUNA CAKES

Ingredients:

- 7 oz tuna in water, drained
- 2 large organic eggs
- 1/3 cup oat flour (can used store bought or grind yourself)
- 2 tsp old bay seasoning
- avocado oil spray



Directions:

1. Combine all the ingredients in a bowl
2. Heat a large skillet over medium-high heat and coat with spray
3. Shape mixture into 4 even patties and place on the pan. Cook on one side for 4-5 minutes, then flip. Allow the second side to cook for another 4-5 minutes. Both sides should be golden brown. Top with your favorite toppings!
4. Makes 2 servings

NUTRITION PER SERVING:

Per serving: Protein 27g, Carbs 11g, Fiber 2g, Sugar 0g, Fat 12g, Sat 5g, Chol 230mg, Sodium 1026mg

Reference: www.fitmamarealfood.com