

B-well



With a delicious traditional tangy flavour, our Original Tangy Mayonnaise is perfect for salads, wraps and dips - and in this tasty recipe as well!

Here's why this is an ingredient for better living:



Cool as a Cucumber Cups

Ingredients:

- + 2 large cucumbers, sliced into 3cm thick pieces
- + 1 tin tuna, well-drained
- + 2 tablespoons B-well Original Tangy Mayonnaise
- + 2 tablespoons plain yoghurt
- + ½ cup finely diced red onion
- + ½ cup finely diced red pepper
- + 1 teaspoon lemon juice
- + 1 teaspoon black pepper
- + Fresh dill for garnish

Instructions:

1. Using a melon baller or small spoon, hollow out the centre of the thick cucumber slices, leaving approximately 1cm at the base to form cups.

2. Squeeze excess water from the scooped cucumber pulp and finely chop it.
3. In a small mixing bowl, combine the drained tuna, chopped cucumber pulp, mayonnaise, yoghurt, onion, red pepper, lemon juice, and black pepper.
4. Fill each cucumber cup with the tuna mixture and garnish with fresh dill.



It takes about **15 tries** for a child to develop a taste for a new food. If your little one doesn't like something at first, don't stress! Keep offering it in various forms - try cucumber cups instead of sticks or apple wedges with peanut butter. **Consistency helps expand their palate!**