

VEGAN & VEGETARIAN

Substitutes For Tuna

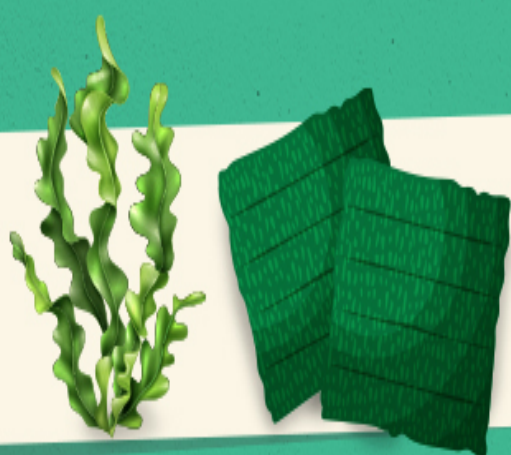
Vegan tuna

(made with mashed peas, chickpeas, or soya)



Walnuts

Hemp, chia, and flax seeds



Seaweed such as nori

Edamame



Soybean oil