



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

### QUICK SLAW

**Time: 5 minutes**

**Serves: 4**

#### **Ingredients:**

½ cup fat-free mayonnaise  
2 tablespoons apple cider vinegar  
1 teaspoon dijon mustard  
¼ teaspoon celery seed  
Stevia equivalent to two teaspoons sugar (or white sugar if you must)  
1 12-ounce package coleslaw veggies (cabbage, broccoli or carrot)

#### **Preparation:**

Combine all ingredients with the exception of the coleslaw mix in a large bowl.

Add the coleslaw mix to the bowl and toss well.

Serve immediately or refrigerate for up to one day.

#### **Nutritional Information Per Serving:**

Calories: 47  
Fat: 1g  
Carbs: 10g  
Fibre: 2g  
Protein: 1g