



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

VINEGAR COLESLAW

Time: 15 minutes (plus resting time)

Serves: 6

60g apple cider vinegar
25g cold pressed avocado or extra virgin olive oil
3g garlic powder
3g kosher salt
2g caraway seeds
0.5g fresh ground black pepper
400g shredded cabbage or coleslaw mix

Preparation:

In a bowl large enough to hold the cabbage, whisk together all ingredients except cabbage.

Add cabbage and toss evenly to coat. Cover and refrigerate for one hour or up to a day.

Toss before serving.

Nutritional Information Per Serving:

Calories: 50
Fat: 4g
Carbs: 3g
Fibre: 1g
Protein: 0.7g