

5-MINUTE APPLE SLAW

Time: 5 minutes

Serves: 2

Ingredients:

10g extra-virgin olive oil
5g apple cider vinegar
1g salt
Few grinds fresh ground black pepper
1 large red apple – julienned

Preparation:

In a small bowl, whisk together all ingredients except the apple.

Add the apple and toss well to coat evenly.

Serve immediately or cover and refrigerate.

Nutritional Information Per Serving:

Calories: 102	Hand-Size Portion Guide
Fat: 5.2g	Palms of Protein: 0
Carbs: 15.4g	Fists of Vegetables: 0
Fibre: 2.7g	Cupped Hands of Carbs: 1
Protein: 0.3g	Thumbs of fat: 0