

CREAMY COLESLAW

Time: 10 minutes

Serves: 6

Ingredients:

120g avocado oil mayonnaise
30g apple cider vinegar
25g honey
10g Dijon mustard
0.5g celery seed
400g shredded cabbage and carrot (or bagged slaw mix)

Preparation:

In a suitable bowl, whisk together all ingredients except vegetables.

Add shredded cabbage mix and toss to coat evenly.

Serve immediately or refrigerate for up to two days. Flavour improves with time.

Nutritional Information Per Serving:

Calories: 246	Hand-Size Portion Guide
Fat: 22g	Palms of Protein: 0
Carbs: 10.3g	Fists of Vegetables: 1
Fibre: 3.1g	Cupped Hands of Carbs: 0
Protein: 1.6g	Thumbs of fat: 2