

Crunchy Coleslaw

INGREDIENTS (serves 4)

¼ cabbage – washed and sliced thinly
1 small onion or 4 spring onions – peeled and finely sliced
1 stick celery – sliced thinly
1 apple – core removed and diced
1 large carrot – peeled and grated
½ pepper - sliced thinly
2 tablespoons low fat yogurt
1 teaspoon low fat mayonnaise
juice of ½ lemon juice
½ teaspoon dried parsley
freshly ground black pepper

EQUIPMENT

chopping board
knife
mixing bowl
grater
tablespoon
lemon squeezer

METHOD

1. Prepare the cabbage, onion, celery, apple and carrot and place in the mixing bowl.
2. Mix the yogurt, mayonnaise, dried parsley and lemon juice together. Pour over the vegetables and mix thoroughly. Serve with homemade pizzas, jacket potatoes or as part of a healthy lunchbox.

HANDY HINT!

Add grated cheese into the coleslaw for extra dairy goodness

SEASONAL IDEAS

For a fresher and cheaper variation, try adding some seasonal vegetables to the coleslaw:

Spring - spring onion, **Summer** – sweetcorn, **Autumn** – pepper, **Winter** - red cabbage

ALLERGY AWARENESS!

This recipe contains: Milk, Celery

