

Delicious Coleslaw

Ingredients - makes enough for 2 as a side salad

- 1 large handful grated white cabbage
- 1 large handful grated purple cabbage
- 1 large handful grated carrots
- ½ apple sliced thinly – optional

Coleslaw Dressing:

- 2- 3 tablespoons low-fat plain Greek yogurt
- 1 teaspoon Dijon mustard - optional
- 2 ½ teaspoons
- Black pepper to taste

Method

1. Add all the coleslaw dressing ingredients to a large bowl and whisk until combined. Add in the cabbage and carrots and stir until everything is coated.
2. Tip – use your hands to mix it!
3. Coleslaw can be served immediately but is best when refrigerated for a few hours first