

LIGHT SUMMER COLESLAW

Preparation time: 20 minutes

Cooking Time: 0 minutes

Serves: 6



Ingredients

1/4 cabbage
2 medium carrots, grated
2 sticks celery, finely chopped
1/2 red capsicum, finely chopped
1/4 cup salad seeds* □□□

Dressing

2 tablespoons lemon juice
2 tablespoons light olive oil
1/2 teaspoon salt

Method

1. Finely slice cabbage and combine with other salad ingredients.
2. Combine dressing ingredients and toss through coleslaw just before serving.

Tips

*Salad seed mixes can be purchased from the health food aisle in supermarkets or from many green grocers. Alternatively you can make your own by combining sunflower seeds, sesame seeds, pepitas (pumpkin seeds) and poppy seeds.

Nutritional Information:

Kilojoules 480 kJ
Calories 115 cal
Protein 2 g
Total fat 9 g
Carbohydrate 3 g
Sodium 230 mg
Potassium 280 mg
Calcium 40 mg
Iron 1 mg
Fibre 3 g

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