

SUMMER SLAW

Time: 10 minutes

Serves: 4

Ingredients:

60g honey
60g white vinegar
20g cold-pressed avocado oil (or other cold-pressed neutral-flavoured oil)
3g salt
2g mustard powder
1g fresh ground black pepper
1g celery seeds
400g shredded cabbage or bagged coleslaw mix

Preparation:

In a large bowl, whisk together all ingredients except cabbage/slaw mix.

Add the cabbage and toss to coat evenly.

Cover and refrigerate for up to a day or serve immediately.

Nutritional Information Per Serving:

Calories: 121	Hand-Size Portion Guide
Fat: 5g	Palms of Protein: 0
Carbs: 19g	Fists of Vegetables: 1
Fibre: 3g	Cupped Hands of Carbs: 0
Protein: 2g	Thumbs of fat: 0