

Simple Coleslaw

Prep Time: 15 minutes | Cook Time: 0 minutes

Servings: 4 | Serving Size: ¼ of recipe



*This coleslaw is super versatile –change up the flavors to match your meal.
Cumin-lime tastes great paired with Mexican inspired dishes and Original
tastes great with BBQ or fish.*

Ingredients:

4 cups shredded coleslaw mix (or 3 cups shredded cabbage and 1 large shredded carrot)

¼ cup organic mayo made from cage free eggs and olive oil or avocado oil

2 tablespoons non-dairy milk of choice

1 tablespoon lemon for “original” coleslaw or 2-3 tablespoons lime juice for “cumin-lime” coleslaw

Pinch of pepper

Pinch of mustard powder for original coleslaw or 1 teaspoon cumin for cumin-lime slaw

Optional:

2 tablespoons fresh chopped parsley or original or 2 tablespoons fresh chopped cilantro for cumin-lime

Directions:

1. Add the mayo, milk, lemon or lime juice, pepper and cumin or mustard powder to a medium bowl and whisk together.
2. Add the coleslaw mix or cabbage and carrot and toss until well coated.
3. Add the cilantro or parsley and stir to combine.
4. Cover and refrigerate for 15 minutes or until ready to serve.
5. Stir and enjoy!

Tips and Tricks:

Nutritional Information Per Serving:

Calories: 119

Fat: 9.3 g

Cholesterol: 0

Sodium: 118 mg

Total Carbohydrate: 6.4 g

Dietary Fiber: 2 g

Sugars: 1.8 g

Protein: 1.2 g