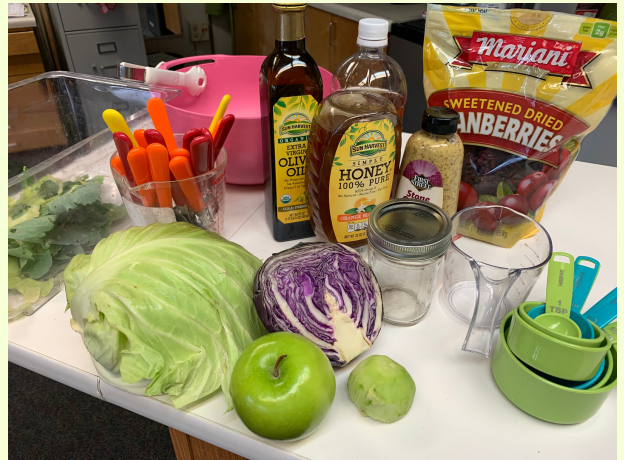


COLESLAW

INGREDIENTS

SALAD

- 1/2 green cabbage
- 1/2 purple cabbage
- 3 large carrots
- 1 granny smith apple
- 1/2 cup dried cranberries



DRESSING

- 1/3 cup yogurt
- 3 tbsp olive oil
- 2 tbsp vinegar
- 1 tbsp honey
- 1 tsp mustard or 1/8 tsp ground mustard powder

DIRECTIONS

1. Using grater, shred cabbages and carrots (if available, you can use a food professor instead), add to large salad bowl
2. Thinly slice apples, add to salad bowl
3. Add dried cranberries
4. Add dressing (as much or as little as you desire)
5. Mix together, serve

