



Homemade Coleslaw

Ingredients:

300 gm white cabbage

1 large carrot

6 spring onions

1 red skinned apple

150 gm natural yogurt

2 tsp Dijon mustard

½ lemon (juiced)

Method:

Shred the white cabbage and place in a bowl.

Grate the carrot and the apple (keeping the skin on).

Finely slice the spring onion, and add with the carrot and apple to the bowl of cabbage and mix well.

In a separate bowl mix together the yoghurt, mustard and lemon juice.

Add to the cabbage mixture and mix well until all combined.

NOTE – Serve with your chicken schnitzel, chips/baked potato, or in a burger bun with some salad.