

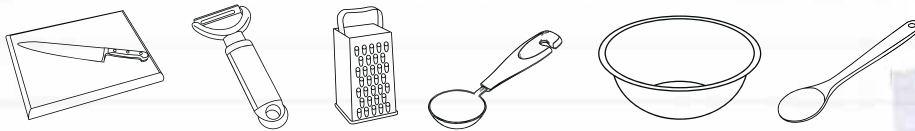
# Crunchy Coleslaw



## Ingredients

- |                       |                                     |
|-----------------------|-------------------------------------|
| ½ small white cabbage | 2 x 15ml spoons sultanas            |
| 1 carrot              | 1 x 15ml spoon low fat mayonnaise   |
| 1 stick celery        | 1 x 15ml spoon low fat plain yogurt |
| 1 small apple         |                                     |

## Equipment



## Method

1. Wash all the fruit and vegetables.
2. Shred the cabbage.
3. Peel and grate the carrot.
4. Slice the celery.
5. Core and grate the apple.
5. Place the cabbage, carrot, celery and apple in the mixing bowl and add the sultanas
6. Stir in the mayonnaise and yogurt, mix well.
7. Cover with a tight fitting lid or cling-film and store in the fridge until needed.

## Top Tips

- Try adding red onion, courgette, peppers, cherry tomatoes or grapes for extra colour - or nuts and seeds for even more crunch!
- This goes brilliantly with leftover turkey or ham - in a chunky sandwich or a tasty salad.

## Skills

- Using a knife ✓
- Using the grater ✓

