

Coleslaw



Makes 6 serves

Ingredients

- 2 red or green apples
- 2 tsp lemon juice
- 3/4 long cabbage
- 3 tbs low-fat milk
- 3 medium carrots, grated
- 3 tbs low-fat mayonnaise
- 1 tsp sugar

Method

1. Chop apples, grate carrots and shred cabbage.
2. Toss apples in lemon juice to prevent browning.
3. Mix together mayonnaise, milk and sugar to form a dressing.
4. Toss dressing through cabbage, carrots and apples.

“Coleslaw can often be a high fat, high energy way to consume healthy vegetables. This recipe adds all the flavour and appeal of a coleslaw but slashes the amount of fat and energy. Enjoy this salad with your next BBQ.

Mary du Heaume
Dietitian APD
HBF Member Health Coach



Nutrition information

	Average Quantity per Serving	Average Quantity per 100 g
Energy	446 kJ	213 kJ
Protein	2.6 g	1.2 g
Fat, total	3.2 g	1.5 g
— saturated	0.4 g	0.2 g
Carbohydrate	14.6 g	7 g
— sugars	13.7 g	6.5 g
Sodium	104.2 mg	50.2 mg
Fibre	5.1 g	2.4 g

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