



Red Cabbage Coleslaw

(Low fat, high fibre)

Ingredients: -

100g/4oz - red cabbage, finely shredded

50g/2oz - white cabbage, finely shredded

4 sliced - spring onions

2 - grated carrots

25g/1oz - pine nuts or sunflower seeds (rich in healthy omega 6 oils)

50g/2oz - raisins

176ml/6 fl oz - low fat live yoghurt

15ml/1 tbsp - low fat mayonnaise

Freshly ground black pepper

Method: -

Mix shredded vegetables together and all other ingredients and toss to coat.