

Coleslaw

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8 Serving size: 2 ounces

Ingredients	Quantity	Measure
Sugar, granulated or cane/organic sugar	1	tablespoon
White pepper, ground	¼	teaspoon
Celery seed	¼	teaspoon
Horseradish	2	teaspoons
Yellow mustard	¾	teaspoon
Egg-free mayonnaise	1/2	cup
Apple cider vinegar	1 ½	tablespoons
Green cabbage, shredded	12	ounces
Carrots, matchstick	1	ounces
Onions, yellow, small dice	2	tablespoons

Preparation

1. Combine sugar, pepper, and celery seed. Stir in horseradish and mustard, then add mayonnaise and mix until well blended. Stir in vinegar. Toss with cabbage, carrots, and onions. Mix well to combine.

Nutrition Information

 per serving *From USDA Nutrient Database

Calories: 84 Total Fat: 6g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 7g Fiber: 1.4g Total Sugars: 3.5g Protein: 1g Sodium: 120mg
Vitamin A: 32µg Vitamin C: 17mg Calcium: 23mg Iron: 0.3mg Folate: 22µg

