



Tangy Coleslaw

Preparation Time: 15 – 20 minute
Ready to Serve: 8 hrs after preparation

Supplies

cutting board
large knife
large bowl
mixing Spoon

Ingredients

1 head of cabbage diced
1/2 cup plain nonfat yogurt
2 tablespoons olive oil mayonnaise
1 tablespoons Dijon mustard
3 tablespoons apple cider vinegar
1/2 lemon juiced
3 tablespoons light brown sugar
1/2 teaspoon sea salt
1/2 teaspoon black pepper
1/3 cup diced red onion
1/2 cup shredded carrots

Directions

In a bowl stir together the yogurt, mayonnaise, mustard, vinegar, lemon juice, brown sugar, sea salt and black pepper.

Add the diced cabbage to the coleslaw dressing until thoroughly mixed. Do the same with the onions and carrots.

Cover and place in the refrigerator.

Cabbage will soften after sitting in the refrigerator for at least eight hours.