Coleslaw

Coleslaw is a great way to get children to eat a variety of veggies. We've added apple in this one for a touch of sweetness. It is full of vitamins C, K and B which are essential for immune function, bone health and energy production.

Makes: 10 portions • Preparation time: 40 minutes

Ingredients

- ¼ white cabbage
- 1 carrot
- 1 medium apple
- 1 x 15ml spoon of low fat mayonnaise
- 1 x 15ml spoon of greek yoghurt

Equipment

- Chopping board
- Sharp knife
- Vegetable peeler
- Grater
- Mixing bowl
- Measuring spoon
- Mixing spoon

Top tips

- Experiment with different combinations of low fat mayonnaise mixed with low fat plain yogurt, fromage frais or crème fraiche.
- Try adding other vegetables such as onion or celery.

Method

1. Shred the cabbage
2. Top and tail, then peel and grate the carrot.
3. Core and grate the apple.
4. Place the cabbage, grated carrot and apple in the mixing bowl and add the low fat mayonnaise.
5. Mix all the ingredients together.