

Crunchy Coleslaw



<20 min



4 servings



Ingredients

½ head of cabbage (red or green, sliced thin)
½ small red onion (sliced thin)
1 carrot (grated)
1½ cups cashews (soaked 2-4 hours, drained)
2 Tbsp apple cider vinegar
¼ cup lemon juice
1 cup water
1 tsp dill
1 tsp celery salt
salt and pepper to taste

Preparation

Add the cabbage, carrots and onions to a large mixing bowl, set aside.

Place the cashews, lemon juice, vinegar, water and spices into a food processor. Mix until smooth (you may need to add more water if it is too thick). Pour mix into the bowl with the other ingredients, toss well the cabbage is fully coated.

Serve on its own or on top of arugula or spinach. Keep in the refrigerator.



This versatile salad will remind you of family picnics and summer fun and is the perfect blend of crunchy veggies, spices and a nutty dressing.

- Protein (cashews)
- Fiber (cabbage, red onion, carrot)
- Vitamins & Minerals... A, K, C, E, B6 (cabbage, red onion, carrot, cashews)
- Healthy Fats (cashews)
- Antioxidant (apple cider vinegar, lemon juice, carrot, cashews)