

Sweet Nutty Coleslaw

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www.millenfarm.org

chopping board and knife
large mixing bowl
measuring cups and spoons
glass jar with a lid
spoon and fork for tossing salad
medium to large serving bowl

Do this

with these ingredients

1. To the bowl, **add**
 - 4 cups **firmly packed finely shredded white cabbage**
 - 1 cup **roasted peanuts or almonds**, coarsely chopped
 - 1 large **shallot/green onion**, green part chopped
 - 1 large stick **celery**, finely chopped
 - 1 **crunchy apple**, cored and diced
 - $\frac{1}{2}$ cup coarsely chopped **fresh mint leaves**
 - $\frac{1}{2}$ cup **sultanas or currants**
2. To make the **dressing**, **add** to the glass jar
 - $\frac{1}{2}$ cup **plain dairy or coconut yoghurt**
 - 1 TBS **honey, maple syrup, or filtered water**
 - 1 TBS **apple cider vinegar or lemon juice**
 - $\frac{1}{2}$ tsp **pink or sea salt**
3. Tightly **screw on** the jar lid and **shake** until all the ingredients are well combined.
4. **Pour** the dressing over the prepared salad and **toss** to combine.
5. **Transfer** to the serving bowl.

