

## INGREDIENTS

- 1 Carrot, grated
- 2 large Cabbage Heads,  
1 purple and 1 green
- ¼ cup Whole Plain  
Greek Yogurt
- 3 tbsp Apple Cider  
Vinegar
- 1 tbsp Honey or Maple  
Syrup
- 3 tbsp Mustard
- 2 tsp Lime or Lemon  
Juice
- Salt and Pepper, to  
taste

## DIRECTIONS

1. In a bowl, mix all ingredients together except carrot and cabbage.
2. Shred carrot and coleslaw using grader. Chop carrot and cabbage thin if you do not have a grader.
3. Place shredded vegetables into a large bowl and gently stir in dressing.
4. Let coleslaw sit for 5 minutes in the fridge and then enjoy!



## Homemade Coleslaw

*Fall 2019 Cooking Class*

*Dairy-Free | Gluten Free | Vegetarian | Vegan*

Yield:  
6 Servings

Prep Time:  
15 Min

Cook Time:  
5 Min