

INGREDIENTS

- ½ head Purple Cabbage, shredded
 - 1 Red Onion, peeled and sliced
 - 2 Large Carrots, grated
 - 1 tbsp Parsley, fresh and chopped
 - Black Sesame Seeds
- Dressing:
- 2 tbsp White Balsamic Vinegar
 - 2 tbsp Lemon Juice
 - 2 tsp Mustard
 - 6 tbsp Olive Oil
 - Salt and Pepper, to taste

DIRECTIONS

1. In a large bowl, combine and mix cabbage, red onion, carrots, chopped parsley and black sesame seeds. Set aside.
2. To make the mustard dressing, combine balsamic vinegar, lemon juice, mustard, olive oil, salt and pepper in a container with a lid. Close the container and briefly shake it to mix the ingredients.
3. Pour the mustard dressing over the salad and toss to combine.
4. Refrigerate to cool or serve immediately and enjoy!



Vegan Coleslaw

Dairy-Free | Gluten Free | Vegetarian | Vegan

Yield:
6 Servings

Prep Time:
20 Min

Cook Time:
0 Min

NUTRITION FACTS

Calories: 190 kcal	Fat: 14 g	Carbohydrate: 15 g	Fiber: 4 g	Protein: 3 g
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