

Sweet Coleslaw

Dressing:

- 1/4 cup maple syrup
- 1/4 cup lemon juice
- 2 tsp. apple cider vinegar
- 2 tsp. water
- 2 tsp. sea salt

Vegetables:

- 2 cups shredded green cabbage
- 2 cups shredded red cabbage
- 2 carrots grated
- 1/4 cup red onion finely chopped
- 2 green apples finely chopped
- 1/2 cup chopped walnuts toasted

In a large bowl combine the dressing ingredients. Toast the walnuts in a dry frying pan over medium heat until aromatic. Combine all the vegetables & apple with the dressing, toss in the walnuts. Cover with a heavy plate to marinate for 1-2 hours at room temperature. Store leftovers in the fridge up to 5 days. Serves 7.

Facts: Cabbage contains chlorophyll, vitamin E, calcium, it contains more vitamin C than oranges, and is a source of many minerals. Red cabbage contains antioxidant compounds. Cabbage is good for the stomach, spleen, pancreas, for constipation & it purifies the blood.