



Coleslaw

Serves 4
Prep 10 minutes

Ingredients

½ small onion, peeled
2 medium carrots, peeled
¼ head of white cabbage
1 apple
2 tbsp light mayonnaise
3 tbsp low fat natural yoghurt

Method

1. Finely chop the cabbage and onion and put into a bowl.
2. Grate the carrots and apple into the bowl.
3. Mix the mayonnaise and yoghurt together and then mix all the ingredients together, check the seasoning and add pepper if needed.

