

FRUIT AND VEG RECIPES



Coleslaw

Ingredients (Serves 2-4)

- ¼ white cabbage
- 1 medium apple
- 1 carrot
- 2 x 15ml spoons of low-fat mayonnaise

Equipment

Colander, chopping board, sharp knife, kitchen scissors (optional), vegetable peeler, grater, mixing bowl, measuring spoons and mixing spoon.

Method

1. Shred the cabbage into thin strips. You could use kitchen scissors!
2. Top and tail the carrot, then peel and grate.
3. Core and grate the apple.
4. Place the cabbage, grated carrot and apple in the mixing bowl.
5. Add the low-fat mayonnaise.
6. Mix all the ingredients together.

Handy hints

- Wash the fruit and vegetables before use.
- Instead of using only low-fat mayonnaise try low-fat mayonnaise mixed with low-fat plain yogurt.
- Try adding other vegetables such as spring onion or celery.

