

Apple Cabbage Slaw

Prep Time: 10 Minutes

Cook Time: 10 Minutes

Serves: 5

Ingredients:

- ⅓ cup mayonnaise*
- ⅓ cup Greek style plain yogurt
- 1 Tbsp. apple cider vinegar
- ½ Tbsp. honey
- ½ tsp. salt
- 1 small head purple cabbage
- 1 large carrot
- 1 medium Granny Smith apple
- ⅓ cup raisins



Directions:

1. Prepare the dressing by stirring together the mayonnaise, Greek yogurt, apple cider vinegar, honey, and salt.
2. Remove the core from the cabbage, then shred the leaves into very thin strips. Peel the carrot, then shred it using a large holed cheese grater. Wash the apple, slice it in half, and then remove the core with a melon baller or sharp spoon. Use the cheese grater to shred the apple. Press the shredded apple between a couple pieces of paper towel to absorb the excess juice.
3. Place the shredded cabbage, carrot, apple, and raisins in a large bowl. Add the dressing over top, then stir until everything is evenly coated in dressing. Serve immediately.

* Use a 50/50 mix of mayonnaise and Greek yogurt to keep the dressing creamy, but light. Changing the ratio, may change the flavor and texture of the dressing. Light mayo and low fat Greek yogurt also make the flavor nice.

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