



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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## Green Power Coleslaw

- 4 cups Green cabbage, shredded
- 1½ cups Celery, chopped
- 1 cup French Cut Green Beans
- 1 cup Fresh Spinach, washed
- ½ cup Carrots, shredded (optional)
- ½ cup Red Onion strings (optional)
  
- 2 cups Vegan Mayonnaise
- ¾ cup Organic Apple Cider Vinegar
- 3 Tbsp. Organic Dijon Mustard
- 3 tsp. Caraway Seed



1. Shred, chop, French cut, wash, and string as indicated above. Toss together and place in refrigerator for 10 minutes.
2. Whisk together mayonnaise, vinegar, dijon mustard, and caraway seed. Season with salt and pepper to taste.
3. Fold into cabbage mixture to thoroughly combine.
4. Cover and refrigerate until ready to serve.

Tip: If you want a little kick, a teaspoon or two of your favorite hot sauce would be delicious!

*Pro Tip: Hold your shredded veggies and dressing separate in the refrigerator until serving (or transporting) time. That way, your vegetables will be fresh and crunchy instead of limp and laden with sauce.*