

Apple Cole Slaw

Number of servings: 6
 Preparation time: 20 minutes
 Total time: 50 minutes

Ingredients:

- 1 cabbage, shredded
- 3 carrots, shredded
- 2 red bell peppers, seeded and sliced
- 2 apples, cored and chopped
- 4 tablespoons apple cider vinegar
- 2 tablespoons sugar
- 1 teaspoon salt
- ¼ teaspoon black pepper

Equipment Needed:

- Cutting board
- Knife
- Food processor or shredder
- Measuring spoons
- Measuring cups
- Large bowl
- Small bowl
- Whisk or fork

TIP:
 Always wash fruits and vegetables
 before consuming them.

Directions

- Toss the cabbage, carrots, bell peppers and apples together in the large bowl.
- Whisk the vinegar, sugar, salt and pepper together in a small bowl.
- Pour dressing mixture over the chopped vegetables in the larger bowl and toss together to fully coat them in the dressing.
- Refrigerate for at least 30 minutes before serving.

You can also use a knife to shred the cabbage and carrots, if you do not have a food processor or shredder.



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Nutrition Facts

Serving Size 1 serving (296.74g)
 Servings Per Container 6

Amount Per Serving

Calories 110 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 440mg **18%**

Total Carbohydrate 26g **9%**

Dietary Fiber 7g **28%**

Sugars 18g

Protein 3g

Vitamin A 110% • Vitamin C 150%

Calcium 8% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

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