



**re:fresh**  
your health and wellbeing  
**RECIPES**

## HOME MADE COLESLAW

**10-15 MINS TO PREPARE AND  
NO COOKING REQUIRED**

**SERVES 4**

### INGREDIENTS

1 shredded white cabbage  
1 small carrot, grated  
1 small onion, chopped

#### Vinaigrette:

1 teaspoon white wine vinegar  
2 teaspoons lemon juice  
4 tablespoons mayonnaise  
2 teaspoons mustard  
1 tablespoon olive oil  
Salt and pepper

### METHOD

1. Chop/grate/slice carrot, cabbage and onion.
2. Make the vinaigrette by mixing all the ingredients together in a large bowl.
3. Add the vegetables to the vinaigrette and mix well.
4. Leave to settle for 30 minutes.