

HEALTHY YOGHURT SLAW



Teaming up again with the 'Nude Nutritionist' Lyndi Cohen to share another healthy salad option for the holiday season. This time a healthy coleslaw recipe using fresh herbs, pomegranate and crushed walnuts with a yoghurt dressing to replace the more commonly used mayonnaise.

Preparation time: 20 minutes

Serving: Serves 4-6

Ingredients:

Salad:

1/2 red cabbage, thinly sliced
1/4 red onion, sliced
2 shredded carrots
Seeds from half pomegranate
1 handful of mint, chopped
1 handful of coriander, chopped
2 tablespoons crushed walnuts

Yoghurt Dressing:

5 tablespoons Natural unsweetened Yoghurt
2 teaspoons tahini
1 small garlic clove, crushed
1 tablespoon fresh lemon juice
A pinch of salt

Method:

In a bowl, mix together the cabbage, onion, carrot, pomegranate, mint, coriander and walnuts. In another bowl combine all the dressing ingredients and mix well. Pour the yoghurt dressing over the salad and stir through just before serving.

Gluten Free | Raw | Vegetarian | Refined Sugar Free

To see more from Lyndi visit her website at nudenutritionist.com.au