

Coleslaw

Allergens – Eggs, Milk, Mustard

Ingredients

Quantity	Ingredient
350g	White Cabbage
200g	Carrots
10g	Onion
50g	Apples (Green)
100ml	Light Mayonnaise Hellman's (contains Eggs, Milk, Mustard)
100g	Low Fat Natural Yoghurt



Method

1. Shred the cabbage and grate the carrots & onions.
2. Fine chop the apples.
3. Mix all veg & fruit together with yoghurt and mayonnaise.
4. Store chilled until ready for serving.

Note - Orange Juice and extra fruit can be added to enhance flavour.

Nutritional Content per 40g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 30.2	= 1.5	= 0.3	= 3.3	= 0.1	= 3.6

Portion size - Primary - 40g