

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 100g

| Energy (kcal) | Fat (g) | Saturated Fats (g) | Sugar (g) | Salt (g) | Carbs (g) |
|---------------|---------|--------------------|-----------|----------|-----------|
| = 67 | = 3.8 | = 0.6 | = 6.3 | = 0.34 | = 7 |

Portion size - Primary - 40g Academy - 50g