

Healthy Homemade Coleslaw



Coleslaw - a perfect addition to a Summer BBQ or a crunchy alternative to salad but the shop bought slaw you pick up is slathered with mayo and soon turns a healthy side dish into a calorie dense extra that you just don't need.

Here at MW Fitness we don't like giving up the things we love so we have come up with a delicious alternative that tastes great, is easy to put together and is super healthy.

This coleslaw is a mix of red cabbage, tangy apples, carrots and red onion all mixed together with lime, wholegrain mustard and greek yoghurt. It may sound like an unusual combination but trust us, it is so good and it really is as easy as 1,2,3!



1. Grate your carrots and apple and finely chop your red onion and cabbage (you may only need half the cabbage)
2. Mix it all together with a good dollop of greek yoghurt, a teaspoon of wholegrain mustard and the juice of $\frac{1}{2}$ - 1 lime. These amounts are down to personal taste. If you want to you can substitute half the greek yoghurt with some light mayo however don't substitute the whole amount as not only will the mayo be more calorie heavy you will lose the delicious fresh taste that the yoghurt brings.
3. Serve with your favourite meal and enjoy!!!