

Colourful Christmas Slaw

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/red-christmas-salad-recipe>

Ingredients:

- 1/4 cabbage head white, 1/4 = around 200g
- 1 carrot
- 1 pear
- 1 red bell pepper
- 1 spring onion
- 1 walnuts good handful
- 1 handful raisins
- 1 tablespoon mustard dijon would be nice
- 1 tablespoon maple syrup You could also take agave or honey for non vegans
- 4 tablespoons olive oil
- 3 tablespoons vinegar apple cider or balsamic, both work
- salt
- pepper

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 27 grams
3. Fat: 14 grams
4. Fiber: 4 grams
5. Protein: 2 grams
6. SaturatedFat: 2 grams
7. Sodium: 250 milligrams
8. Sugar: 18 grams

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