



Coleslaw Salad (LS)

Serving: 1

Veg

Ingredients

- 1/4 cup finely shredded cabbage
- 3 tbsp finely shredded carrot
- 3 tbsp finely shredded cucumber
- 1/2 apple, finely chopped
- 2 tbsp finely chopped capsicum
- 1/4 cup low fat curds
- Juice of 1/2 lemon
- Salt & pepper to taste

Preparation Method

- Combine all the ingredients and mix well. Serve chilled