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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