



# BROCCOLI COLESLAW

By Dr. Cindy Tanzar  
(Standard/Vegan)

Fresh salads are a great way to add fiber and variety to your diet. This broccoli coleslaw lends a new twist to the traditional idea of coleslaw, providing more options to your menu and taste buds. There is a very small amount of shredded carrot in the prepackaged slaw, but it won't be enough to throw you off plan per serving.

Makes 3-4 servings. One serving equals 2 cups of slaw by itself, or you can eat 1 cup and add another 1 cup of raw or 1/2 cup cooked vegetable. It also covers your fat for one meal.



## INGREDIENTS

1 12-oz package broccoli coleslaw mix (found in produce section with packaged salads)  
3/4 cup GHS or Primal Kitchen mayo  
1 tsp. prepared yellow mustard  
1 tsp. lemon juice  
2 tsp. Braggs apple cider vinegar  
Stevia to sweeten, if desired  
Pink Himalayan Salt and black pepper to taste (can also add basil, parsley and celery seed to taste)



## DIRECTIONS

Place the broccoli coleslaw mix into a medium bowl. In small bowl, whisk together the mayonnaise, mustard, lemon, vinegar and spices. (If using stevia to sweeten, only start with a couple of drops and add more if needed.) Pour over broccoli coleslaw, mixing well. Store in refrigerator at least one hour – but preferably several hours to overnight.