

## INGREDIENTS

- 2 cups red cabbage (about 1/2 a head), chopped or shredded
- 1 cup carrots (2 medium carrots), chopped or shredded
- 1 cup broccoli florets (1-2 heads), chopped or shredded
- 1/2 cup broccoli stems, chopped or shredded
- 1 cup apples (1 medium or large apple of your choice), chopped or shredded
- 2-3 tbsp olive oil
- 2 tbsp honey
- juice from 1 small lemon (or 1 tbsp apple cider vinegar)
- salt and pepper to taste

## INSTRUCTIONS

1. Wash all produce before using.
2. Chop produce with a knife into very fine strips OR use box grater to shred the produce (grater goes quicker).
3. Combine produce in a bowl and mix in the other ingredients (oil, honey, lemon, and salt/pepper).
4. Adjust ingredients and seasonings to taste.

### NOTES


Slaw is best served right away after being made, but will hold up over night in the fridge if you make it the day before. For extra crunch and a protein boost, feel free to top with nuts or seeds of your choice!


Adapted from Eating Well and Ambitious Kitchen.

# W Wellspring Nutrition Program



## Rainbow Slaw

 around 5-6 servings  
(1 cup serving)

 up to 20 minutes

Warmer weather means more outside time, including picnics and BBQ! This slaw is packed with good for you fruit and vegetables. It is also a great addition to any warm weather staple, like burgers.

Nutrition Facts 	
Calories	128
Total Fat/Saturated Fat	7.9g/1.1g
Sodium	31.9mg
Total Carbohydrate/ Sugars	15.5g/11.2g
Fiber	2.4g
Protein	1.4g