

## Coleslaw

A healthy version of coleslaw which is light and delicious. I love coleslaw with either chicken goujons or chicken schnitzel, both of which can be found on the main meals page. This will keep for a couple of days max but to be honest I think your family will have this gone in one sitting – mine always do!



- ½ a medium white cabbage, sliced thinly
- 2 medium or one large carrot, grated
- 6 spring onions, sliced thinly
- 2 apples, grated
- 200g natural yogurt
- Juice of ½ lemon
- 2 tsp mustard – I used wholegrain but if you want a kick, use English
- 1 tbsp. chia seeds, optional

There really is nothing easier – just place all of the vegetables along with the grated apple into a bowl. Add the yogurt, mustard and squeeze in the lemon

and stir thoroughly until everything is coated. Before serving, sprinkle with the chia seeds.