

Creamy Coleslaw – Vegan

Prep Time: 20 minutes
Total Time: 20 minutes

Serving Size: 6
Calories per serving: 178
Fat per serving: 6 grams

www.straightupfood.com, by Cathy Fisher

Ingredients

- Dressing Ingredients:
- 1/2 cup water
- 1/3 cup raw, unsalted cashews (about 2 ounces)
- 2 tablespoons Dijon or stoneground mustard
- 1 tablespoon apple cider vinegar
- 1 small clove garlic, minced
- Salad Ingredients:
- 3 cups chopped green cabbage
- 1 cup chopped red cabbage
- 1 3/4 cups grated carrots
- 1 1/2 cups diced apples (skin on, about 1 to 2 apples)
- 1/2 cup raisins
- 1/4 cup chopped red onion
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Instructions

1. Place all of the dressing ingredients into a blender and set aside (so that the cashews can soften). Chop and prepare the salad ingredients (cabbage, carrots, apple, raisins, and onion). Toss these salad ingredients together in a large bowl.
2. Blend the dressing ingredients until smooth, and pour into the bowl of vegetables and fruit, mixing thoroughly with a spoon. While you can serve the Coleslaw immediately, the flavors will have a chance to blend more thoroughly if chilled for at least one hour (stir again before serving).

Notes

Nutrition facts (per serving): Calories: 178, from fat: 46, total fat: 6g, cholesterol: 0mg, sodium: 312mg, total carbohydrate: 28g, fiber: 5g, sugar: 13g, protein: 4g.