

Apple Carrots Slaw

Super Easy!

Prep Time: 5 minutes

PANS/EQUIPMENT: Medium bowl, Food processor

Number of Servings: 4, depending on ages

1 cup shredded or thinly sliced carrots, organic if possible

1 cup shredded or thinly sliced apples - with skin, organic

1/3 cup shredded or sliced red cabbage

Pour into bowl. Stir until well mixed.

Lemon juice to taste, about 2 Tablespoons

Gently stir into apple, carrot, cabbage mix.

1/4 cup dried blueberries

Add to slaw. Stir until evenly distributed.

Serve!

6 God-made Food Colors: orange, white, red, green (depending on skin of apples), yellow, blue

2 Food Groups: vegetables, fruit

A little lemon juice sprinkled over fresh vegetables and fruit brings out their flavors and pulls them together so they taste great! We prefer this over the usual creamy salad dressing associated with slaw. There is just enough cabbage to offer its nutritional value without turning kids off to its bitter taste. Replace dried blueberries with cranberries or raisins if you chose. Remember, a little goes a long way so you can make one bag last a long time. **Increase the number of food groups by adding nuts, seeds, and/or cheese. Be brave and stir in some finely chop some mint leaves - a common lightly flavored herb!**

Put this simple salad in a lunch box, serve it as a snack or as a dinner salad dish. This is an easy way to weave vegetables into a meal. By including cabbage, you kids will also be feeding their blood and bones!