

# Coleslaw

Prep Time: 16 minutes

## Coleslaw Recipe:

- 1 head green cabbage
- 1/2 head red cabbage
- 1 cup grated carrots
- 1 small purple onion, finely chopped
- 1 small stalk celery, chopped
- 1 medium sweet green bell pepper, chopped
- 1 medium sweet red bell pepper, chopped
- 2 medium scallions, finely chopped
- 4 teaspoons tamari (or soy sauce) or Celtic sea salt to taste
- 3 tablespoons fresh lemon juice
- 1/4 teaspoon paprika
- 1 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 cup honey
- 1/4 cup magnificent mayo (Nayonaise – vegan)
- 2 large tomatoes, chopped

## Instructions:

Shred the green and red cabbage. In a large bowl, combine and add the grated cabbage. Add the onion, celery, chopped peppers, and scallions. Add all of the seasonings and mix well until the juices of the vegetables have blended well with the seasonings. Add the mayo and tomatoes last so the tomatoes will not become too crushed. Mix well again.

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