

Coleslaw



Ingredients

- 120g Fat free yogurt
- 50g Mayonnaise
- ¼ Red cabbage
- ¼ White cabbage
- 4 Spring onions
- 2 Carrots
- 30g Raisins or Cranberries
- Sprinkle pepper

Equipment

- Bowl
- Scales
- Tablespoon
- Whisk
- Teaspoon
- Knife
- Grater
- Kitchen scissors





1. In a bowl, whisk yogurt, mayonnaise and pepper until thoroughly combined and smooth. Set aside.



5. Thinly slice the white cabbage. * cut with scissors.



2. Grate the carrots.



6. Combine all in bowl with yogurt mixture.



3. Thinly slice the spring onions.



7. Mix in raisins or cranberries.



4. Thinly slice the red cabbage. * cut with scissors.