

acupuncture

traditional chinese medicine

Homemade Coleslaw

Use up all that lovely summer produce by creating a healthy coleslaw

Half a small head of red or white cabbage:
chopped finely
3 carrots: grated
This is your base, now add whatever you have
to hand. Use as many of the following ingredients
as you like or add some of your own.

Ingredients

A small raw beetroot: grated
A courgette or patty pan: grated
An apple: grated
Cucumber: grated
1 or 2 peppers: chopped small
3 or 4 tomatoes: chopped
A small salad onion or shallot or
a clove of garlic: finely minced
Hand full of salad leaves, chopped
avocado ...the possibilities are endless.

Mix all this lovely stuff together and bind it with
a dressing. You can use Olive Oil and Balsamic
Vinegar or make a dressing of your own choosing.
Add a desert spoon of mayo to the dressing if
you prefer it creamy.

Then dry fry a handful of pumpkin seeds and throw
them sizzling into the mix to give it a nutty richness.
Garnish with fresh chopped herbs such as parsley
or basil.

*Eat regularly alongside your
lunch or evening meal.
Enjoy
Kerry x*

