



Dr. Laleh's Deep Purple Summer Slaw

Ingredients

Amount

Purple Cabbage	½ a medium head (~Cups shredded)
Purple Carrots	3 medium
Fresh Fennel/ Anise	½ Cup shredded)
Avocado oil	2 TBS
Raw apple cider vinegar	4 TBS
Organic Balsamic Vinegar	2 TBS
Stone ground mustard	1 TBS
Fresh squeezed lemon juice	1 lemon
Spoonable stevia	½ tsp
Cinnamon	½ tsp

Preparation:

- Use a cuisinart to thinly shred/ grate Carrots, Cabbages, and Anise.
- Add oil, vinegar, mustard, lemon juice, and cinnamon in a magic bullet or Nutribullet blender
- In a large mixing bowl, add dressing to the vegetables and mix well.
- Refrigerate for ~30-45 minutes or longer before serving.

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 77**% Daily Value *****Total Fat 5 g 7 %**

Saturated Fat 1 g 3 %

Monounsaturated Fat 3g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 0 mg 0 %**Sodium 59 mg 2 %****Potassium 7 mg 0 %****Total
Carbohydrate 7 g 2 %**

Dietary Fiber 3 g 11 %

Sugars 4 g

Protein 1 g 2 %

Vitamin A 95 %

Vitamin C 49 %

Calcium 3 %

Iron 5 %