

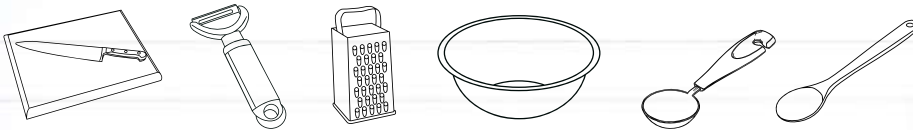
# Coleslaw



## Ingredients

- ¼ white cabbage
- 1 carrot
- 1 medium apple
- 2 x 15ml spoons of low fat mayonnaise

## Equipment



## Top Tips

- Wash the fruit and vegetables before use.
- Why not try making a super salad? You can use lots of different ingredients such as fruit, meat, fish, nuts, potatoes or rice.

## Method

1. Shred the cabbage into thin strips.
2. Top and tail the carrot, then peel and grate.
3. Peel and grate the apple.
4. Place the cabbage, grated carrot and apple in the mixing bowl and add the mayonnaise.
5. Mix all the ingredients together.

Perfect with salads, tuna fish, cold meat or even with a sandwich! 

## Skills

- Using a knife
- Using the grater

