



Crunchy Peanut Coleslaw

You will love this delicious coleslaw! Try it tonight!

Serves 8



- 4 c. cabbage, chopped
- 1 c. cauliflower, chopped
- 1 c. celery, chopped
- 1/4 c. onion, chopped
- 1/4 c. green pepper, chopped
- 1/4 c. cucumber, chopped
- 1/2 c. peanuts, chopped

Combine ingredients in a large bowl. Pour dressing over and stir to combine. Refrigerate for at least 1 hour, for best flavor.

Cole Slaw Dressing

- 1 c. Homemade SCD yogurt
- 1/2 c. Spectrum Organic mayonnaise or SCD yogurt
- 1 Tbs. honey
- 1 Tbs. vinegar
- 1/2 tsp. salt
- 1/4 tsp. pepper

With a whisk, combine all ingredients in a small bowl. Use as directed.