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## HOME-MADE COLESLAW (V)

This quick home made slaw is so much more nutritious than ready-made varieties.

Serves 6

Per serving: 54 Calories (approx.)

Prep time 5 mins

## INGREDIENTS

1 x large carrot peeled and grated  
1 x red onion, peeled and chopped small  
¼ x white cabbage, shredded  
1 x courgette, grated

*For the dressing:*

2 tablespoons Heinz Salad Cream

200g 0% fat live yogurt

Freshly ground black pepper - to taste

## METHOD

1. Mix the salad cream and the live yogurt in a small mixing bowl.
2. Place the grated carrot, courgette, chopped onion and shredded cabbage in a large bowl and mix well.
3. Add freshly ground black pepper
4. Finally, stir in the dressing and mix thoroughly. Keep refrigerated and use within two days.

