



# COLESLAW

Calories:61

Carb:9.7g

Fat:1.6g

Protein:3.9g

Servings:2

Prep time:10 mins

Cook time:0 mins

Category: Salad

## INGREDIENTS

- 80g cabbage
- 1 medium carrot
- 2 tbsp parsley
- 1 tsp vinegar
- 4 tbsp silken tofu
- ¼ tsp celery seeds
- 1 tsp agave syrup
- 1 lime juice
- Salt and pepper to taste

## DIRECTIONS

- 1. Finely shred the cabbage and carrot. Chop the parsley.*
- 2. Mix vinegar, silken tofu, lime juice, salt and pepper. Puree the dressing ingredients with an immersion blender or hand mixer. Put shredded carrot, cabbage and parsley.*
- 3. In a mixing bowl, pour over the dressing and mix to combine well. Top with celery seeds.*