

## Ingredients (serves 6)

---

- ½ tsp Dijon mustard
- 6 tbsp natural yogurt
- 2 tbsp light mayonnaise
- ½ white cabbage
- 2 carrots
- ½ onion

## Method

---

1. Mix the yogurt, mustard and mayonnaise together in a bowl
2. Use a grater attachment on a food processor, or a box grater, to grate the onion and carrots
3. Finely slice the cabbage
4. Tip all of the vegetables into the bowl and stir through the dressing
5. This will keep in the fridge for 3 days

## Tips & Hints

---

- Use different vegetables to make your coleslaw e.g. grate broccoli stalks for broccoli slaw, use red onion and red cabbage for sweeter coleslaw.
- This goes well served with the Spicy Bean Burger