Recipe

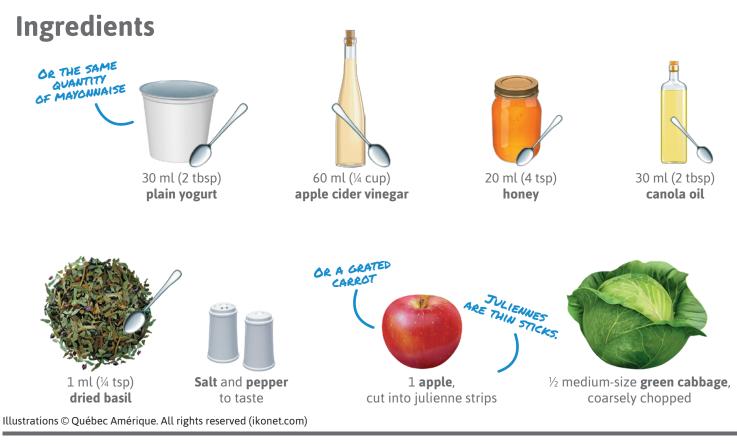


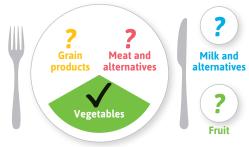
Cabbage and Apple Salad

Preparation time	20 minutes
Servings	5-6
Cost per serving	41¢
Storage	3 days in the fridge
Kitchen tools	Measuring cups and spoons, cutting board, sharp knife, wooden spoon, large bowl



Because this recipe contains honey, do not serve to children under the age of 1.





Balanced plate

One serving of this side dish is a tasty way to add vegetables to your menu!

Directions

1	In a large bowl, combine the yogurt, apple cider vinegar , honey, oil, basil, salt and pepper .	
2	Add the apple and mix to spread the dressing.	
3	Add the cabbage and mix well.	
4	Refrigerate until serving.	▶ <mark> </mark> ▶
My r	ating: * * *	This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition







