



# RAINBOW SLAW

## WHAT YOU NEED

- 1/2 a white or red cabbage
- 2 carrots
- 2 sticks of celery
- 1 bulb of fennel
- 1 red, yellow or orange pepper (or all 3)
- 1 apple
- juice of 1 orange
- 1 tablespoon of pumpkin seeds
- 1 tablespoon of sunflower seeds
- 3 tablespoons of red wine vinegar
- salt and pepper



## HOW TO MAKE IT

Grate the carrots. Slice all the other vegetables as finely as you can. Mix everything together in a large bowl. Add the orange juice and all the seeds. Then add the wine vinegar and salt and pepper. Stir the slaw until thoroughly mixed together.

## TIP 😊

How much you use of each crunchy vegetable doesn't really matter. You can also use beetroot, celeriac, pak choi, Brussels sprouts, broccoli, sugar snap peas - anything that is tasty raw. And add any other seeds you like. It will last 3 - 4 days in the fridge and gets tastier!

