

# BLUEBERRY COLESLAW



## INGREDIENTS

2 ea	Cabbage heads (shredded)
1 cup	White onion (shredded)
2 ea	Carrots (shredded)
4 cup	Blueberries
2 cup	Light mayonnaise
1/4 cup	Red wine vinegar
2 Tbs	Light honey
1/4 cup	Cilantro (fresh, minced)
2 Tbs	Cumin Seeds (ground)

## INSTRUCTIONS

1. In a large bowl, add shredded vegetables and mix to combine.
2. In a separate bowl, stir together mayonnaise, vinegar, honey, cilantro and cumin.
3. Add sauce to shredded vegetables and mix well.
4. Add fresh blueberries and gently mix to combine.

*To best incorporate flavors, let it sit refrigerated.*

## NUTRITION

Calories:	130
Sodium:	170 mg
Trans Fat:	0 g
% Calories from Saturated Fat:	7%



*Number of Servings: 20 (166 g per serving)  
Recipe courtesy of LincolnHealth*