

Coleslaw with Apples and Poppy Seeds



Ingredients:

- 2 cups green cabbage (shredded)
- 1 cup red cabbage (shredded)
- ½ carrot (shredded)
- 1 red apple, cored, chopped
- 1 Granny Smith apple, cored, chopped
- 2 green onions (finely chopped)
- ½ cup orange bell pepper (chopped)

For Dressing:

- ¼ cup light or fat-free mayo
- 3 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- Juice of ½ lemon
- 1 tbsp. poppy seeds
- Sea salt and ground pepper to taste

Directions:

1. Whisk together the dressing.
2. Pour on top of cabbage and mix.
3. Refrigerate for at least an hour and serve!