

Rainbow Slaw



4 servings



25-30

minutes

This will feed two people throughout the weekend or one meal for an extended family). Think 'rainbow' (e.g., red, orange, yellow, green, white, blue, and purple) to ensure you have a delicious slaw packed full of phytochemicals, antioxidants, vitamins, minerals, and natural fibre that you can eat any time of the day. This versatile dish feeds beneficial gut bacteria, promotes regular bowel movements and can help maintain healthy cholesterol levels, cognitive function, immune and bone health.

INGREDIENTS

- 1 yellow courgette
- 1/4 spring cabbage
- 2 medium/large carrots
- 1 large beetroot
- 3 small (or 2 medium) red onions
- Good handful of coriander
- Good handful of basil
- 3 tbsp Apple cider vinegar (I used a well-known organic brand with Turmeric and honey in it*) or you could add 1tbsp honey and ½ tsp Dijon mustard.
- 2 tbsp olive oil.
- A good squeeze of a lemon (juice).



DIRECTIONS

1. Shred/grate each of the ingredients (except the herbs) and place in large bowl. I don't tend to shred mine too finely I like the texture and want to avoid it being too mushy.
2. Roughly chop the herbs and add.
3. Add the cider vinegar, lemon and olive oil and mix lightly.



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NOTES

TRY:

Other 'veggy' herbs that work well are red cabbage, spring onions (the green bits), peppers, kale, radishes, chard, parsley, and chives and in the winter, you can add oranges and dried cranberries.

WATCH:

Using naturally fermented apple cider vinegar (not other 'harsher' vinegars which can aggravate IBS) is gentler on your gut and packed full of beneficial bacteria which can help bloating and even support weight loss.

ECO:

Invent your own rainbow slaw from what is seasonal at the time.