

Recipe

Fruity Coleslaw

Ingredients

- Tangerines.
- Fresh/Tinned pineapple.
- Green Apple.
- White Cabbage.
- Very low fat fromage frais.
- Light mayonnaise.
- Black pepper.



Step 1

Peel and chop tangerines. Prep fresh pineapple [if used] Chop and core apples.
Wash and shred cabbage.

Step 2

Add equal amounts of very low fat fromage frais. Add light mayonnaise.

Step 3

Add a little black pepper. Mix together and serve.