

Recipe of the week

Colourful Coleslaw

Ingredients

- 1 red cabbage shredded
- 4 spring onions sliced
- 1 yellow peppers sliced
- 1 red pepper sliced
- 1 orange pepper sliced
- 1 red chilli, seeds out and finely

chopped **For the dressing**

- 9floz pineapple juice
- Juice of 2 limes
- 2 tsp sesame oi
- 2 tsp maple syrup

Step 1

Mix all the vegetables in a large bowl.
Make the dressing by putting all ingredients in a jar and shake well.

Step 2

Pour dressing over the mixed vegetables, and cover for an hour in the fridge.
Enjoy this coleslaw with your meals, to help you on your way to achieving your 5 a day