



SALADS

COLESLAW AYURVEDA *style*

INGREDIENTS

- 1 cup finely shredded cabbage
- 1/2 cup grated carrots
- 2 Tbsp pumpkin seeds
- handful of raisins
- 1 Tbsp Tamari sauce
- 2 Tbsp olive oil
- juice of 1/2 lemon
- 1 tsp maple syrup
- 1/2 tsp turmeric
- 3 Tbsp greek yogurt (or vegan cream)
- fresh or dried dill

PREPARATION

1. Finely shred cabbage and carrots, add a splash of Tamari, combine and set aside.
2. In a separate bowl combine all the ingredients for the dressing - olive oil, lemon juice, maple syrup, turmeric, yogurt/cream and finely chopped dill.
3. Add the cabbage mix into the bowls with sauce, add raisins and pumping seeds. This salad is quite filling as a single meal, but you can enjoy it as a side dish too.