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Confetti Slaw

Ingredients

- 1/4 small head green cabbage
2 carrots
1/4 cup raisins
1/8 cup peanuts
1/2 cup low fat vanilla yogurt
1 Tablespoon orange juice

Makes 4 servings

Create-A-Flavor
Changes Add your own ideas, too!

Combine 1/8 head each red and green cabbage.

Add 2 Tablespoons mini-marshmallows.

Try a different flavor yogurt and juice.

Instructions

- 1. Slice and cut cabbage into thin strips. Place pieces in large mixing bowl.
2. Peel and grate carrots. Add to mixing bowl.
3. Measure raisins and peanuts. Add to mixing bowl.
4. Mix all ingredients together.
5. Combine yogurt and orange juice in small bowl.
6. Add yogurt mixture to cabbage mixture, stirring to combine ingredients thoroughly.

Note

- Can use other nuts in place of peanuts.
• If desired garnish with orange slices.

Nutrition Facts

Table with 2 columns: Amount Per Serving and % Daily Value. Includes rows for Total Fat, Sodium, Total Carbohydrate, Protein, and various vitamins/minerals.

19% calories from fat

Source: Cooking Up Fun! A Pyramid of Snacks, Cornell University, 1998. Last Revised: January 2019



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